

Bop Till You Drop

拍數: 32 牆數: 1 級數: Advanced
編舞者: JesSammy
音樂: Bop to the Top - The Cast of High School Musical



JUMP, JUMP, JUMP, JUMP, HOLD (PUT YOUR HANDS UP) PADDLE X4

1&2 Feet are together and jump out to right, to left, to right
3-4 To left, hold on beat or put your hands up in the air
5-8 Paddle full turn over left-¼ each count (9:00, 6:00, 3:00, 12:00)

CHASSE, BACK ROCK, STEP, KICK, OUT, OUT, BEHIND, UNWIND FULL TURN

1&2 Step right to right side, step left next to right, step right to right side
3-4 Rock back on left recover on right
5-6 Step left to right side, kick right foot forward
&7-8 Step onto right, and then on left, step right behind left unwind a full turn on count 8

STEP, DRAG, COASTER STEP, HIP GRINDS

1-2 Step left to left side, drag right next to left
3&4 Step right back, step left next to right, step right forward
5-8 Put your weight on to right foot, move your bum in a circle to the right for two counts

Weight should be on your left foot, then move your bum in full circle to the left ending up your weight on left foot

CHASSE, BACK ROCK, STEP, HITCH (CLICK) FULL TURN, CROSS-, STEP

1&2 Step right to right side, step left next to right, step right to right side
3-4 Rock back on left recover on right
5-6 Step left to left side, hitch right next to left, in clock wise direction do a full turn
7-8 Cross right over left, step left to left side

REPEAT

RESTART

Restart the dance after the 3rd section on the second wall

TAG

Do the first 4 counts of the 1st section and then restart the dance again. For this tag you will be on the 4th wall