

Hop It

拍數: 32 牆數: 4 級數: Improver
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音樂: Go On and Go - Chely Wright : (CD: Woman In The Moon)



16 count intro.

Diagonal Step Forward. Lock. Lock Step Diagonally Forward. (Right & Left).

1 – 2 Step Right Diagonally forward Right. Lock Left behind Right.
3&4 Step Right Diagonally forward Right. Lock Left behind Right. Step Right Diagonally forward Right.
5 – 6 Step Left Diagonally forward Left. Lock Right behind Left.
7&8 Step Left Diagonally forward Left. Lock Right behind Left. Step Left Diagonally forward Left.

Cross. Push Back. Chasse 1/4 Turn Right. Step. Pivot 1/2 Turn Right. Left Shuffle Forward.

1 – 2 Cross step Right over Left. Step back on Left – Pushing hips back.
3&4 Step Right to Right side. Close Left beside Right. Make 1/4 turn Right stepping forward on Right.
5 – 6 Step forward on Left. Pivot 1/2 turn Right.
7&8 Left shuffle forward stepping Left. Right. Left. (Facing 9 o'clock)

***2 x Walks Forward. Right Mambo Forward. 2 x Sweeps Back. Left Coaster Step.**

1 – 2 Walk forward on Right. Walk forward on Left.
3&4 Rock forward on Right. Rock back on Left. Step back on Right.
5 – 6 Sweep Left out and around stepping back on Left. Sweep Right out and around stepping back on Right.
7&8 Step back on Left. Step Right beside Left. Step forward on Left.

Forward Rock with Heel Lift. Shuffle 1/2 Turn Right. Forward Rock with Heel Lift. Shuffle 1/2 Turn Left.

1 – 2 Rock forward on Right - raising Left heel up behind Right leg. Recover weight on Left.
3&4 Right shuffle making 1/2 turn Right stepping Right. Left. Right. (Facing 3 o'clock)
5 – 6 Rock forward on Left - raising Right heel up behind Left leg. Recover weight on Right.
7&8 Left shuffle making 1/2 turn Left stepping Left. Right. Left. (Facing 9 o'clock)

Start Again
