

Hoj Hop (P)

拍數: 32 牆數: 0 級數: Intermediate Partner
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音樂: That Kind Of Happy - Emily West



(Start with the words: I Don't Need That Kind of Happy)

Alt.: Asleep At The Wheel – Rockin`Rodeo

(Lady steps are on Opposite feet)
(Start in Open Promenade position)

HIP BUMPS

- 1 LF step forward and push hip forward
- 2 Hold
- 3 Weight on RF and push hip back
- 4 Hold
- 5 Weight on LF and push hip forward
- 6 Weight on RF and push hip back
- 7 Weight on LF and push hip forward
- 8 Weight on RF and push hip back

STEP,HITCH, WITH ½ TURNS 2X,STEP, HITCH, STEP, HITCH
(loose hands)

- 9 LF step forward
- 10 Jump on LF ½ turn left and hitch R-Knee
- 11 RF step back
- 12 Jump on RF ½ turn left and hitch L-Knee

(RH man hold LH lady)

- 13 LF step forward
- 14 Jump on LF and hitch R-Knee
- 15 RF step forward
- 16 Jump on RF and hitch L-Knee

CROSS SHUFFLE, SHUFFLE, CHASSE, SHUFFLE WITH ¼ TURN AND STOMP
(LHand man hold LH lady & Man goes behind the lady)

- 17&18 Man: LF step diagonal fwd & RF step next to LF & LF step diagonal right fwd
- 17&18 Lady: RF step diagonal fwd& LF step next to RF& RF step diagonal right fwd

(hands over lady`s head)

- 19&20 Man: Shuffle forward (R-L-R)
- 19&20 Lady: Shuffle back (L-R-L)

(R-H man hold LH lady low at the back of the man)

- 21 LF step left
- & RF step next to LF
- 22 LF step left
- 23 RF step right ¼ turn right
- & LF step next to RF
- 24 RF stomp next to LF

ROCK STEP, STEP, HITCH, STEP, HITCH, STEP, STOMP

- 25 LF rock forward ¼ turn right
- 26 Weight back on RF ¼ turn left
- 27 LF step left
- 28 R-Knee hitch (RH man clap LH lady)

- 29 RF stap rechts
 - 30 L-Knee hitch (LH man clap RH lady)
 - 31 LF step left $\frac{1}{4}$ turn left
 - 32 RF stomp next to LF(RH man hold LH lady)
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