

# @ The Hop

Beginner / Intermediate      48 Counts      4 Wall

Choreographer: Carmel Hutchinson 2001

## **¼ LEFT, BEHIND, ¼ RIGHT, HOLD, ¼ RIGHT, BEHIND, ¼ LEFT, HOLD**

1-2 Step right forward into ¼ turn left, side step left behind right

3-4 Side step right into ¼ turn right, hold

5-6 Step left forward into ¼ turn right, side step right behind left

7-8 Side step left into ¼ turn left, hold

## **FORWARD, ½ LEFT, FORWARD, HOLD, RUN, RUN, RUN, HOLD**

1-4 Step right forward, turn ½ turn left, step right forward, hold

5-8 Run step left forward, run step right forward, run step left forward, hold

## **¼ LEFT, BEHIND, ¼ RIGHT, HOLD, ¼ RIGHT, BEHIND, ¼ LEFT, HOLD**

1-2 Step right forward into ¼ turn left, side step left behind right

3-4 Side step right into ¼ turn right, hold

5-6 Step left forward into ¼ turn right, side step right behind left

7-8 Side step left into ¼ turn left, hold

## **FORWARD, ½ LEFT, FORWARD, HOLD, RUN, RUN, RUN, HOLD**

1-4 Step right forward, turn ½ turn left, step right forward, hold

5-8 Run step left forward, run step right forward, run step left forward, hold

## **FORWARD, HOLD, ½ RIGHT, HOLD, ½ RIGHT, HOLD, ¼ RIGHT, HOLD**

1-4 Step right forward, hold, step left forward into ½ turn right, hold

5-8 Step right back into ½ turn right, hold, step left forward into ¼ turn right, hold (weight. Left)

## **FORWARD RIGHT & LEFT TOE-HEEL STRUTS**

1-4 Touch right toe forward, drop right heel, touch left toe forward, drop left heel

4-8 Touch right toe forward, drop right heel, touch left toe forward, drop left heel

REPEAT