

@ The Hop!

4 Wall Line Dance:- 48 Counts. Beginner/Intermediate Level.

Choreographed by:- Carmel Hutchinson (USA) Aug 2001

Choreographed to:- 'At The Hop' by Danny and the Juniors (193 bpm) from Rock 'N' Roll Era CD (56 count intro)

Music Suggestion:- 'Whole Lotta Shakin' Goin' On' by Jerry Lee Lewis (168 bpm).

Section 1 1/4 Left, Behind, 1/4 Right, Hold, 1/4 Right, Behind, 1/4 Left, Hold.

1 - 2 Step right forward into 1/4 turn left. Cross left behind right.

3 - 4 Step right 1/4 turn right. Hold.

5 - 6 Step left forward into 1/4 turn right. Cross right behind left.

7 - 8 Step left 1/4 turn left. Hold.

Note Allow your body to turn but remember you are travelling forward.

Keep looking forward during this section, it will help.

Section 2 Step 1/2 Pivot Left, Step, Hold, Run Forward, Hold.

1 - 2 Step forward right. Pivot 1/2 turn left.

3 - 4 Step forward right. Hold.

5 - 8 Run forward stepping - Left Right Left. Hold.

Section 3 1/4 Left, Behind, 1/4 Right, Hold, 1/4 Right, Behind, 1/4 Left, Hold.

1 - 2 Step right forward into 1/4 turn left. Cross left behind right.

3 - 4 Step right 1/4 turn right. Hold.

5 - 6 Step left forward into 1/4 turn right. Cross right behind left.

7 - 8 Step left 1/4 turn left. Hold.

Note Allow your body to turn but remember you are travelling forward.

Keep looking forward during this section, it will help.

Section 4 Step 1/2 Pivot Left, Step, Hold, Run Forward, Hold.

1 - 2 Step forward right. Pivot 1/2 turn left.

3 - 4 Step forward right. Hold.

5 - 8 Run forward stepping - Left Right Left. Hold.

Section 5 Forward, Hold, 1/2 Turn Right, Hold, 1/2 Turn Right, 1/4 Turn Right .

1 - 2 Step forward right. Hold.

3 - 4 Step left forward into 1/2 turn right. Hold.

5 - 6 Step right back into 1/2 turn right. Hold.

7 - 8 Step left forward into 1/4 turn right. Hold.

Section 6 Toe Struts Forward x 4.

1 - 2 Touch right toe forward. Drop right heel taking weight.

3 - 4 Touch left toe forward. Drop left heel taking weight.

5 - 6 Touch right toe forward. Drop right heel taking weight.

7 - 8 Touch left toe forward. Drop left heel taking weight.