

# The Hop!

**Count:** 32

**Wall:** 4

**Level:** Improver

**Choreographer:** Dave Gillett (UK) & Lynne Gillett (UK)

**Music:** Runaway - Janet Jackson



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## HEEL DIG/HOOK/HIP BUMPS

- 1-2 Touch left heel forward, hook left heel across front of right knee.  
3&4 Step left forward & bump hips left, right, left.

## HEEL DIG/HOOK/HIP BUMPS

- 5-6 Touch right heel forward, hook right heel across front of left knee.  
7&8 Step right forward & bump hips right, left, right.

## VINES/CLAPS/¼ TURN

- 9-11 Step left to left side, cross right behind left, step left to left side & lean left while facing right.  
12 Clap, clap.  
13-15 Step right to right side, cross left behind right, step right to right side & lean right while facing left making ¼ turn left.  
16 Clap, clap.

## HEEL SWITCHES/HOPS

- 17& Touch left heel forward, step left beside right.  
18& Touch right heel forward, step right beside left.  
19&20 Step left forward, hop forward twice on left (raise right foot up behind with bent knee).

**Or left shuffle forward as an easier option at Suicidal Speed**

## ½ PIVOT TURN/STEP/STOMP/STOMP

- 21-22 Step right forward ½ pivot turn left on ball of left foot, step left forward.  
23&24 Step right forward, stomp left beside right, stomp right beside left.

## KICK BALL CHANGES/MAMBO ROCKS

- 25&26 Kick left foot forward, step left beside right, step right forward.  
27&28 Step left, rock right, step left beside right.  
29&30 Kick right foot forward, step right beside left, step left forward.  
31&32 Step right, rock left, step right beside left.

**REPEAT**

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