Pop In An Oak



拍数: 64 墙数: 2 级数: Intermediate

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音乐: Old Pop in an Oak - Rednex



SHUFFLE FORWARD RIGHT-LEFT-RIGHT. SHUFFLE FORWARD LEFT-RIGHT-LEFT. ROCK STEP RIGHT RECOVER ½ TURN.

Step forward on right, step left next to right, step forward on right

Step forward on left, step right next to left, step forward on left

5-6 Rock forward on right, rock back on left while turning ½ turn to the right

SHUFFLE FORWARD RIGHT-LEFT-RIGHT. SHUFFLE FORWARD LEFT-RIGHT-LEFT. ROCK STEP RIGHT RECOVER ½ TURN.

Step forward on right, step left next to right, step forward on right
 Step forward on left, step right next to left, step forward on left
 Rock forward on right, rock back on left while turning ½ turn to right

SHUFFLE FORWARD RIGHT-LEFT-RIGHT. SHUFFLE FORWARD LEFT-RIGHT-LEFT. ROCK STEP RIGHT RECOVER 1/4 TURN.

Step forward on right, step left next to right, step forward on right

Step forward on left, step right next to left, step forward on left

1-2 Rock to right on right foot, recover on left while turning ¼ turn to the left

SHUFFLE FORWARD RIGHT-LEFT-RIGHT. SHUFFLE FORWARD LEFT-RIGHT-LEFT. STEP FORWARD RIGHT PIVOT 3/4

Step forward on right, step left next to right, step forward on right
Step forward on left, step right next to left, step forward on left

7-8 Step forward on right, pivot ¾ turn to the left

WEAVE RIGHT-LEFT-RIGHT-LEFT. 1/4 TURN STEP RIGHT, STEP LEFT 3/4 PIVOT

1-2 Step right to right side, step left behind right3-4 Step right to right side, step left in front of right

5-6 Step right to right side while making ½ turn right, step forward on left

7-8 Make ¾ pivot to the right, step left to left side

SYNCOPATED WEAVES, SIDE CROSS SHUFFLES TO THE LEFT

1& Cross right in front of left, step left to left2& Cross right behind left, step left to left

3& Cross right over left, step left to left (keeping feet crossed)

4& Step right to left side (keeping feet crossed), step left to left(uncrossing feet)

5& Cross right behind left, step left to left side and slightly back

6& Cross right in front left, step left to left

7& Cross right behind left, step left to left (keeping feet crossed)

8 Step right to left (keeping feet crossed)

SYNCOPATED WEAVES, SIDE CROSS SHUFFLES TO THE RIGHT

1& Cross left behind right, step right to right

2& Cross left in front of right, step right to right side

3& Cross left behind right, step right to right (keeping feet crossed)

4& Step left to right (keeping feet crossed), step right to right (uncrossing feet)

Cross left in front of right, step right to rightCross left behind right, step right to right

7& Cross left in front of right, step right to right (keeping feet crossed)

8 Step left to the right (keeping feet crossed)

KICK, KICK, COASTER TWICE

1-2 Kick right foot forward x 2

3&4 Step back on right, step left next to right, step right forward

5-6 Kick left foot forward x 2

7&8 Step back on left, step right next to left, step left forward

KICK, HITCH, 1/4 TURN, STOMP, STOMP X 2

1-2	Kick right foot forward, hitch	right knee while	making ¼ turn to the left

3-4 Stomp right foot, stomp left foot

5-6 Kick right foot forward, hitch right knee while making 1/4 turn to the left

7-8 Stomp right foot, stomp left foot

REPEAT

If you want to you can do steps 49-64 twice in a row as intro steps, for the 32 counts of intro before the dance starts when done to "Old Pop In An Oak"

After doing the dance 4 times completely through you have to cut out 4 counts of the dance to make it flow properly. Therefore after doing 4 sets of the 64 steps, start the next time with step 5 (The rock step forward on the right foot.)