

Poppin

拍数: 16 墙数: 4 级数: Beginner
编舞者: William Sevone (UK) - February 2009
音乐: Shake and Fingerpop - Junior Walker & The All Stars



Choreographers note:- This dance and its music celebrates two personal milestones – its also pays homage to where and when it all started .. 'The Pop Inn', Manchester, England in 1968.

The dance can start at the beginning with the introduction of the Saxophone, but to give us old timers a chance to throw away our Zimmer frames and curl the boards it will normally start with the vocals.

Always remember - 'The beat may reach your feet - but the rhythm should electrify your soul'.

Dance starts with the main vocals. Weight on the right.

Toe In. Heel Out. Hook. 1/4 Right. Cross. Side. Behind-Rock-Recover (3:00).

1 – 2 Touch left toe to right instep. Touch left heel diagonally left.

3 – 4 Hook left foot behind right knee/calf. Turn $\frac{1}{4}$ right & move left knee across front of right (3)

Style note: The left foot is 'hooked' during the turn and only released as the count finishes

5 – 6 Cross left foot over right. Step right to right side.

7 & 8 Step left behind right, rock right to right side, recover onto left.

Hook. 1/2 Right. 1/4 Right Turning Chasse. Reverse Coaster. 1/4 Right Sailor (3:00)

9 – 10 Hook right foot behind left knee/calf. Turn $\frac{1}{2}$ right (right foot still 'hooked') (9)

Dance note: The dancer will find the turn easier if the weight is placed on the left heel.

11 & 12 Step right to right side, step left next to right, turn $\frac{1}{4}$ right & step forward onto right (12).

13 & 14 Step forward onto left, step right next to left, step backward onto left.

15 & 16 Turn $\frac{1}{4}$ right & step right behind left, step left in place, step right slightly to right (3).

That's it... In the 1960's, dances were a lot simpler and even a 16 count would have been looked on as 'impossible!!'.

(if you want to see what a bone fide 1968 dance looks like – check out '30 Something' which is on many dance sites)

Lots of alternate music to choose from – and a list from the 1960's would be endless.