

@ The Hop!

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

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).

STEPS	ACTUAL FOOTWORK	CALLING SUGGESTION	DIRECTION
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. Turning left		Turn. Behind
3-4	Step right 1/4 turn right. Hold.	Turn. Hold.	Turning right
5-6	Step left forward into 1/4 turn right. Cross right behind left. Turning right		Turn. Behind
7-8	Step left 1/4 turn left. Hold.	Turn. Hold.	Turning left
<i>Note</i> 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.	Step. Pivot.	Turning left
3-4	Step forward right. Hold.	Step. Hold.	Forward
5-8	Run forward stepping - Left Right Left. Hold.	Left Right Left Hold	Forward
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. Turning left		Turn. Behind
3-4	Step right 1/4 turn right. Hold.	Turn. Hold.	Turning right
5-6	Step left forward into 1/4 turn right. Cross right behind left.	Turn. Behind.	Turning right
7-8	Step left 1/4 turn left. Hold	Turn. Hold.	Turning left
<i>Note</i> 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.	Step. Pivot.	Turning left
3-4	Step forward right. Hold.	Step. Hold.	Forward
5-8	Run forward stepping - Left Right Left. Hold.	Left Right Left Hold	Forward
Section 5: Forward, Hold, 1/2 Turn Right, Hold, 1/2 Turn Right, 1/4 Turn Right			
1-2	Step forward right. Hold.	Step. Hold.	Forward
3-4	Step left forward into 1/2 turn right. Hold.	Turn. Hold.	Turning right
5-6	Step right back into 1/2 turn right. Hold.	Turn. Hold.	
7-8	Step left forward into 1/4 turn right. Hold.	Turn. Hold.	
Section 6: Toe Struts Forward x 4.			
1-2	Touch right toe forward. Drop right heel taking weight	Right. Strut.	Forward
3-4	Touch left toe forward. Drop left heel taking weight.	Left. Strut.	
5-6	Touch right toe forward. Drop right heel taking weight.	Right. Strut.	
7-8	Touch left toe forward. Drop left heel taking weight.	Left. Strut.	