



@ The Hop!



Carmel Hutchinson

BEGINNER/INTERMEDIATE	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.	Turn. Behind	Turning left
	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
	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.	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.	Turn. Behind	Turning left	
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	
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.	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.		

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).