(a) The Hop!



Script Approved by aborto

~		CALLING	
STEPS	ACTUAL FOOTWORK	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.	
	1 - 2 3 - 4 5 - 6 7 - 8 Note Section 2 1 - 2 3 - 4 5 - 8 Section 3 1 - 2 3 - 4 5 - 6 7 - 8 Note Section 4 1 - 2 3 - 4 5 - 6 7 - 8 Note Section 5 1 - 2 3 - 4 5 - 8 Section 5 1 - 2 3 - 4 5 - 8 Section 5 1 - 2 3 - 4 5 - 8 Section 5 1 - 2 3 - 4 5 - 8	Section 11/4 Left, Behind, 1/4 Right, Hold, 1/4 Right, Behind, 1/4 Left, Hold.1 - 2Step right forward into 1/4 turn left. Cross left behind right.3 - 4Step left forward into 1/4 turn right. Cross right behind left.5 - 6Step left forward into 1/4 turn right. Cross right behind left.7 - 8Step left 1/4 turn left. Hold.NoteAllow your body to turn but remember you are travelling forward.Keep looking forward during this section, it will help.Section 2Step 1/2 Pivot Left, Step, Hold, Run Forward, Hold.1 - 2Step forward right. Pivot 1/2 turn left.3 - 4Step forward right. Hold.5 - 8Run forward stepping - Left Right Left. Hold.1 - 2Step right forward into 1/4 turn left. Cross left behind right.3 - 4Step right forward into 1/4 turn left. Cross left behind right.3 - 4Step right forward into 1/4 turn left. Hold.1 - 2Step right forward into 1/4 turn left. Cross left behind right.3 - 4Step right forward into 1/4 turn left.5 - 6Step left forward into 1/4 turn right. Cross right behind left.7 - 8Step left forward during this section, it will help.Section 4Step forward right. Pivot 1/2 turn left.1 - 2Step forward right. Pivot 1/2 turn left.3 - 4Step forward right. Pivot 1/2 turn left.1 - 2Step forward right. Pivot 1/2 turn left.3 - 4Step forward right. Pivot 1/2 turn left.5 - 6Step forward right. Hold.3 - 4Step forward right. Hold.3 - 4Step left forwa	Section 11/4 Left, Behind, 1/4 Right, Hold, 1/4 Right, Behind, 1/4 Left, Hold.1 - 2Step right forward into 1/4 turn left. Cross left behind right.3 - 4Step left forward into 1/4 turn right. Cross left behind left.7 - 8Step left forward into 1/4 turn right. Cross left behind left.7 - 8Step left 1/4 turn left. Hold.NoteAllow your body to turn but remember you are travelling forward. Keep looking forward during this section, it will help.Section 2Step 1/2 Pivot Left, Step, Hold, Run Forward, Hold.1 - 2Step forward right. Pivot 1/2 turn left.3 - 4Step forward right. Hold.5 - 6Run forward stepping - Left Right Left. Hold.1 - 2Step forward right. Hold.5 - 8Run forward into 1/4 turn right. Cross left behind right.1 - 2Step right forward into 1/4 turn left.5 - 8Run forward stepping - Left Right Left. Hold.1 - 2Step right forward into 1/4 turn right. Cross left behind right.1 - 2Step right forward into 1/4 turn right. Cross left behind left.7 - 8Step left 1/4 turn left. Hold.7 - 8Step left forward into 1/4 turn right. Cross right behind left.7 - 8Step left norward into 1/4 turn right. Cross left behind right.1 - 2Step forward right. Hold.7 - 8Step left norward into 1/4 turn right. Cross left behind left.7 - 8Step left norward into 1/4 turn right. Cross left behind left.7 - 8Step forward right. Hold.8 - 1 - 2Step forward right. Hold.1 - 2Step forward right.

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).