



@ The Hop!

Choreographed by Carmel Hutchinson

Description: 48 count, 4 wall, beginner/intermediate line dance

Music: **At The Hop** by Danny & The Juniors [194 bpm / Rock 'N' Roll Era / CD: That'll Be The Day / CD: Line Dance Fever 15 / Available on iTunes]

At The Hop by Scooter Lee [CD: / Available on iTunes]
Start dancing on lyrics

$\frac{1}{4}$ LEFT, BEHIND, $\frac{1}{4}$ RIGHT, HOLD, $\frac{1}{4}$ RIGHT, BEHIND, $\frac{1}{4}$ LEFT, HOLD

- 1-2 Step right forward into $\frac{1}{4}$ turn left, side step left behind right
- 3-4 Side step right into $\frac{1}{4}$ turn right, hold
- 5-6 Step left forward into $\frac{1}{4}$ turn right, side step right behind left
- 7-8 Side step left into $\frac{1}{4}$ turn left, hold

FORWARD, $\frac{1}{2}$ LEFT, FORWARD, HOLD, RUN, RUN, RUN, HOLD

- 1-4 Step right forward, turn $\frac{1}{2}$ turn left, step right forward, hold
- 5-8 Run step left forward, run step right forward, run step left forward, hold

$\frac{1}{4}$ LEFT, BEHIND, $\frac{1}{4}$ RIGHT, HOLD, $\frac{1}{4}$ RIGHT, BEHIND, $\frac{1}{4}$ LEFT, HOLD

- 1-2 Step right forward into $\frac{1}{4}$ turn left, side step left behind right
- 3-4 Side step right into $\frac{1}{4}$ turn right, hold
- 5-6 Step left forward into $\frac{1}{4}$ turn right, side step right behind left
- 7-8 Side step left into $\frac{1}{4}$ turn left, hold

FORWARD, $\frac{1}{2}$ LEFT, FORWARD, HOLD, RUN, RUN, RUN, HOLD

- 1-4 Step right forward, turn $\frac{1}{2}$ turn left, step right forward, hold
- 5-8 Run step left forward, run step right forward, run step left forward, hold

FORWARD, HOLD, $\frac{1}{2}$ RIGHT, HOLD, $\frac{1}{2}$ RIGHT, HOLD, $\frac{1}{4}$ RIGHT, HOLD

- 1-4 Step right forward, hold, step left forward into $\frac{1}{2}$ turn right, hold
- 5-8 Step right back into $\frac{1}{2}$ turn right, hold, step left forward into $\frac{1}{4}$ turn right, hold (weight. Left)

FORWARD RIGHT & LEFT TOE-HEEL STRUTS

- 1-4 Step right toe forward, drop right heel, step left toe forward, drop left heel
- 4-8 Step right toe forward, drop right heel, step left toe forward, drop left heel

REPEAT

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