

# AMERICAN POPPING FOR BEGINNERS!

Choreographed by: Carolyn Robinson, [flrkiir@sc.rr.com](mailto:flrkiir@sc.rr.com), [www.love2danceusa.com](http://www.love2danceusa.com)

4 Wall, Beginner Level, 32 count dance. 12/15/08

Music: "Shake Your Groove Thing," Peaches and Herb  
"Hey Mr. DJ," The Backstreet Boys (learn to)

Begin dance 32 counts after the song begins; you'll hear the heavy beat kick in and you'll feel like walking!

## **WALK FORWARD R-L-R, SIDE POINT L; WALK BACK L-R-L, SIDE POINT R**

1,2,3 Walk forward on R, L, R  
4 Point Left to L side  
5,6,7 Walk back on L, R, L  
8 Point Right to R side

## **VINE RIGHT W/CLAP; VINE LEFT W/CLAP**

1,2,3,4 Side step R, Step L behind R, Side step R, Touch L beside R & clap  
5,6,7,8 Side step L, Step R behind L, Side step L, Touch R beside L & clap

## **BUMP R HIP HIGH & LOW, HIGH & LOW; BUMP L HIP HIGH & LOW, HIGH & LOW**

1&2 Bump R hip (to R) high, Bump L, Bump R hip (to R) low  
3&4 Bump R hip (to R) high, Bump L, Bump R hip (to R) low  
&5&6 Bring your body upright w/weight on R and Bump L hip (to L) high, Bump R, Bump L hip (to L) low  
7&8& Bump L hip (to L) high, Bump R, Bump L hip (to L) low, Bring your body upright w/weight on L

*Note: Pretend you are closing dresser drawers with your hips; bump the 1<sup>st</sup> drawer closed (bump high); bump the 3<sup>rd</sup> drawer closed (bump low).*

## **MONTEREY TURN ¼ R; HIP ROLLS X2 ½ TURN L**

1,2 Side Point R, Pivot ¼ turn R and step on R (3:00)  
3,4 Side Point L, Step L beside R  
5,6 Roll hips counter-clockwise around to L ¼ turn (12:00)  
7,8 Roll hips counter-clockwise around to L ¼ turn (9:00)

*Optional for 5-8: Paddle turn using the R foot to touch and pivot on L*

Begin again!!

(**American Pop** by Michele Burton will be taught at the Love2Dance Fest in Myrtle Beach, January 29<sup>th</sup> - February 1<sup>st</sup> and I came up with this dance so the beginners would be up dancing with the intermediates! Hope you like it! -Carolyn )