

# MO' POP

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**Count:** 64

**Wall:** 4

**Level:** intermediate/advanced

**Choreographer:** Mikey Tabakian

**Music:** Pop by NSync

## WALK, WALK, CROSS, STEP, SWIVEL, SWIVEL, SWIVEL, BEND DOWN, STAND UP

- 1-2 Step right foot forward, step left foot forward
- 3 Cross step right foot behind left foot
- & Shift weight forward onto left foot
- 4-6 Swivel to right side, swivel to left side, swivel to right side
- 7-8 Bend down at the waste, stand up

**Natural styling: after you're last swivel to the right you should be in a natural 45 degree angle to your right. From here do your counts 7-8 in this angled position.**

## HIP BUMPS, KICK, STEP, POINT, $\frac{3}{4}$ TURN

- 1&2& Bump hips left, right, left, right
- 3&4 Bump hips making a  $\frac{1}{4}$  turn left, right, left

**You should now be facing  $\frac{1}{4}$  turn left from your original wall**

- 5&6 Kick left foot forward, step slightly back on left foot, point right toe forward
- 7-8 Make a  $\frac{3}{4}$  turn to your right on your left foot bringing your feet together

**Weight should end on your left**

## KICK, STEP, TOUCH, KICK, STEP, TOUCH, KICK, STEP, TOUCH, KICK, STEP, TOUCH

- 1&2 Kick right foot forward, step right foot into place, point left toe out to left side
- 3&4 Kick left foot forward, step left foot into place, point right toe out to right side
- 5&6 Kick right foot forward, step right foot into place, point left toe out to left side
- 7&8 Kick left foot forward, step left foot into place, point right toe out to right side

## TOE/HITCH, HEEL/TOE, HOLD, TOE/HITCH, HEEL/TOE, TOE/HITCH, HEEL/TOE, SAILOR $\frac{1}{4}$ TURN, SAILOR STEP

- &1-2 Pivot left toe 1/8 to right while hitching right knee across left, bring left heel into place while you point your right toe out to right side, hold
- &3 Pivot left toe 1/8 to right while hitching right knee across left, bring left heel into place while you point your right toe out to right side
- &4 Pivot left toe 1/8 to right while hitching right knee across left, bring left heel into place while you point your right toe out to right side

**To break down the counts above. You are traveling to your right by pivoting on your left leg. Toe, heel, hold, toe, heel, toe, heel...similar to the "Dwight Yoakam"**

- &1-2 Toe (with a hitch), heel (with a toe point), hold
- &3 Toe (with a hitch), heel (with a toe point)
- &4 Toe (with a hitch), heel (with a toe point)
- 5 Right step behind left on ball of foot
- & Left step side left on ball of foot
- 6 Right step into a ¼ turn right
- 7 Left step behind right on ball of foot
- & Right step side right on ball of foot
- 8 Left step into place

**WALK RIGHT, LEFT, RIGHT, LEFT, HEEL FANS OUT, IN, OUT, IN, OUT, IN, OUT, IN**

- 1-4 Walk forward right, left, right, left
- &5 Touch right toe forward and fan right heel out, fan right heel in
- &6 Fan right heel out, in
- &7 Fan right heel out, in
- &8 Fan both heels out, in

**STEP, STEP, BEND DOWN, HEAD ROLL, PUSH/STEP, TOGETHER, TOE POINT, PUSH/STEP, STEP, STEP**

- &1 Step back on right, step left next to right
- 2 Bend down at waste making a circle to the left with upper body
- 3-4 Roll head twice in circular motion to the right (still bending)
- 5 Push right shoulder forward while stepping left to left side

- & Bring shoulders to center while stepping right next to left, taking weight onto right
- 6 Point left toe to left side
- 7 Push right shoulder forward stepping left to left
- & Bring right foot next to left foot placing weight on right foot while making a  $\frac{1}{4}$  turn right
- 8 Step forward on left

### **STEP $\frac{1}{2}$ TURN, $\frac{1}{2}$ TURN, $\frac{1}{2}$ TURN, COASTER STEP, WALK RIGHT, LEFT**

- 1-2 Step right foot forward, pivot  $\frac{1}{2}$  turn left

#### **Keeping weight on right!**

- 3 Make  $\frac{1}{2}$  turn left stepping forward on your left foot
- & Make  $\frac{1}{2}$  turn left stepping right foot in place
- 4 Step left foot in place
- 5&6 Step right foot back, step left foot slightly behind right, step right foot forward
- 7-8 Step left foot forward, step right foot forward

### **ROCK/PUSH, RECOVER, STEP, ROCK/PUSH, RECOVER, STEP, TOUCH, CROSS BEHIND, 1 $\frac{1}{4}$ UNWIND**

- 1&2 Rock forward on left pushing hips forward, recover back onto right, step left foot next to right pushing hips slightly back
- 3&4 Rock forward on right pushing hips forward, recover back onto left, step right foot next to left pushing hips slightly back
- 5-6 Touch left toe to left side, cross step ball of left behind right leg
- 7-8 Unwind 1  $\frac{1}{4}$  turn to left

**You should now be facing wall  $\frac{1}{4}$  from your line of dance, and weight should transfer to your left foot by count 8**

**REPEAT**

**RESTART**

**When using the song "Pop" by NSync you begin the dance from the beginning after count 40 on the second wall.**