

**Count:** 32                      **Wall:** 4                      **Level:** beginner hip hop

**Choreographer:** Cato Larsen

**Music:** The Anthem by NG3

## WALK FORWARD, KICK-OUT-OUT, KNEE POPS

- 1-2            Step forward on right, step forward on left
- 3&4           Kick right forward, step right slightly right, step left slightly left
- 5-6           Pop right knee in towards left knee, hold
- 7&8           Pop right knee out, in, out

**For styling; lean upper body right upon right foot while you are doing the knee-pops**

## ¼ TURN, ¼ TURN, SAILOR STEP, CROSS ROCK, SIDE, CROSS ROCK, SIDE

- 1-2            Turn ¼ turn left and step forward on left, pivot ¼ turn left stepping right to right side
- 3&4           Step left behind right, step right slightly right, step left slightly left
- 5&6           Step right across of left, recover weight onto left, step right to right side
- 7&8           Step left across of right, recover weight onto right, step left to left side

## STEP, LOCK & POP, STEP, LOCK & POP, HITCH & STEP BACK, LUNGE, RECOVER

- 1              Step forward on right
- 2              Pop right knee forward lifting right heel and step left foot under right heel
- 3              Step forward on right
- 4              Pop right knee forward lifting right heel and step left foot under right heel
- 5&6           Tap right toe beside left foot, hitch right knee, step back on right foot
- 7-8           Lunge forward onto left foot, recover weight onto right

## HIP HOP JUMPS, TAP, TAP, STEP, KICK-CROSS-BACK, COASTER STEP

- 1              Pivot ¼ turn left stepping left to left side
- &              Rock (recover) back onto right
- 2              Pivot ½ turn right stepping left to left side

**Do this the hip hop way by jumping on right while turning**

- 3&** Tap right toe next to left, tap right toe slightly to right side
- 4** Step right further out to right side (take weight)
- 5&6** Kick left across of right, step left across of right, step back on right foot
- 7&8** Step back on left, step right next to left, step forward on left

**REPEAT**