

# American Poppin'

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**Count:** 32      **Wall:** 2      **Level:** Beginner

**Choreographer:** Carolyn Robinson (March 2011)

**Music:** "Shake Your Groove Thing" by Peaches and Herb

## More Music:

**"Play That Funky Music," Wild Cherry**

**"Round & Round," Selena Gomez**

**"Rolling in the Deep," Adele**

**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 1st drawer closed (bump high); bump the 3rd drawer closed (bump low).**

## **MONTEREY TURN $\frac{1}{4}$ R X 2**

- 1,2** Side Point R, Pivot  $\frac{1}{4}$  turn R and step on R (3:00)  
**3,4** Side Point L, Step L beside R  
**5,6** Side Point R, Pivot  $\frac{1}{4}$  turn R and step on R (6:00)  
**7,8** Side Point L, Step L beside R

**Begin again!!**

**TAG: This tag is used for the “Shake Your Groove Thing” music only!**

**Dance the dance twice. Then do this tag for 4 counts.**

## **STEP TOUCHES X2**

- 1,2** Step R to diagonal, Touch L beside R  
**3,4** Step L to diagonal, Touch R beside L

**Contact: flrkilr@gmail.com - <http://l2dance.wordpress.com>**