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Abs Pop N Drop

32 Count, 4 Wall, Absolute Beginner

Choreographer: Jen Chilvers (UK) Oct 2015

Choreographed to: Emergency by Icona Pop,
Alternative music: Hold my Hand by Jess Glynne;
Bedroom by Alvaro Estrella

16 count intro for Emergency, 8 count for Hold my Hand, 16 count for Bedroom

1-8 CHASSE BOX

- 1&2 Step R to R side, Step L next to R, $\frac{1}{4}$ turn R, Stepping R Forward
- 3&4 Step L to L side, Step R next to L, $\frac{1}{4}$ turn R Stepping L Back
- 5&6 Step R to R side, Step L next to R, $\frac{1}{4}$ turn R Stepping R Forward
- 7&8 Step L to L side, Step R next to L, Step L to L side

9-16 BACK ROCK & CHASSE X 2

- 1 2 Rock Back on R, Recover on L
- 3&4 Step R to R side, Step L next to R, Step R to R side
- 5 6 Rock Back on L, Recover on R
- 7&8 Step L to L side, Close R to L, Step L to L Side

17-24 BACK ROCK, SIDE ROCK, $\frac{1}{4}$ TURN, $\frac{1}{4}$ TURN

- 1 2 Rock Back on R, Recover to L
- 3 4 Side Rock, Recover to L
- 5 6 Step R Forward, Lift Both Heels, $\frac{1}{4}$ turning L
- 7 8 Step R Forward, Lift Both Heels, $\frac{1}{4}$ turning L

25-32 RIGHT JAZZ BOX, STEP TAP, STEP TAP

- 1 2 Cross R over L, Step Back on L
- 3 4 Step Back on R, Cross L over R
- 5 6 Step R to R Side, Tap L Toe to R
- 7 8 Step L to L Side, Tap R Toe to L

Have Fun xjenx