



# The Bop

(aka The 16-Step or the 16-Step Polka)

## Right Hook

- 1-2 Touch R Heel forward; Touch R Heel to L Shin
- 3-4 Touch R Heel forward; Step on R foot next to L

## Left Heel Forward

- 5-6 Touch L Heel forward; Step on L foot next to R

## Right Touch Back

- 7 Touch R Heel back and slightly behind L Foot
- 8 Step on R Foot next to L

## Left Heel Forward

- 9-10 Touch L Heel forward; Step on L foot next to R

## 2 Right Stamps

- 11-12 Stamp R Foot twice

## 2 Left Pivot Turns

- 13-14 Right toe forward; ½ Pivot on L Foot
- 15-16 Right toe forward; ½ Pivot on L Foot

## 4 Shuffles Forward

- 17&18 Right Shuffle forward R-L-R
- 19&20 Left Shuffle forward L-R-L
- 21&22 Right Shuffle forward R-L-R
- 23&24 Left Shuffle forward L-R-L

*Begin Again!*