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Hip Hop Police

32 count, 4 wall, improver level Choreographer: Raymond Sarlemijn (Norway) Feb 2008

Choreographed to: Hip Hop Police by Chamillionaire, CD: Ultimate Victory

KICK, KICK, SLIDE FORWARD, ARM MOVEMENTS

- 1 Kick right foot forward
- & Step right foot next left foot
- 2 Kick left foot forward
- & Step left foot next to right foot
- 3 Slide right foot forward
- 4 Slide left foot next to right foot
- 5 Stomp right foot on spot
 - While doing this bring right elbow in front of your chest
- & Flick left foot behind your right knee
 - While doing this stretch left arm out and bring right arm to right and look at it
- 6 Step left foot down in place
 - While doing this put left arm up right arm in front of your chest
- 7 Right arm stretches to right
- & Bend right elbow and stretch left arm in front
- 8 Slide right foot next to left foot
 - While doing this stretch right arm straight up and left arm in your side (hip height)

STEP FORWARD, 1/4 TURN SNAKE ROLL, HIP, HIP, KICK, KICK, 1/4 TURN SLIDE

- 1 Step right foot forward
 - While doing this bring right hand forward, like give somebody a low five
- 2 Turn ¼ turn left (9:00)
 - While doing this make a snake roll to left
- 3 Put weight on left
- 4 Change weight to right
- & Change weight to left
- 5 Kick right foot forward
- 6 Kick left foot forward
- 7 Touch left foot backwards
- 8 Turn ¼ turn left (6:00)
 - While doing this touch right foot next to left foot

RUNNING MAN BACKWARDS, POP WALKS FORWARD (JUMPING APPLE JACKS)

- 1 Cross right foot behind left foot and bend through right foot
- & Change weight to left foot
- 2 Cross right foot behind left foot and bend through right foot
- 3 Cross left foot behind right foot and bend through left foot
- & Change weight to right foot
- 4 Cross left foot behind right foot and bend through left foot
- 5 Step right foot forward on straight leg
 - While doing this touch left foot next to right foot
- 6 Step left foot forward on straight leg
 - While doing this touch right foot next to left foot
- 7 Step right foot forward on straight leg
 - While doing this touch left foot next to right foot
- 8 Step left foot forward on straight leg
- While doing this touch right foot next to left foot

On counts 5-8 you can also do jumping apple jacks

SLIDE TO DIAGONAL RIGHT, SLIDE DIAGONAL LEFT, STEP FORWARD, 1/4 TURN, KNEE BOUNCE

- 1 Slide right foot diagonally to right
- 2 Touch left foot next to right foot
- 3 Slide left foot diagonally to left
- 4 Touch right foot next to left foot
- 5 Step right foot forward
- 6 Turn 1/4 left)While doing this put left foot next to right foot)
- 7 Bounce knees to left
- 8 Bounce knees to right
- & Change weight to left foot

Music download available from iTunes