

# Dance!

LineLineLineLineLineLineLineLineLine

POP

Choreographer: Judy McDonald

Music: Pop (a.k.a. Dirty Pop)  
NSync (CD Single, or Celebrity CD)

This is a **32 count, phrased** line dance. Start with lyrics (8 count intro). The CD single has two versions of this song, but you can do the dance to both. However, the most popular is the “breakdown” version. The sequence for both is written at the end.

- 1&2&3 4     **R touch, R step, L touch, L step, R touch, sit**  
Touch R to side {1}, step R beside left {&}, touch L to side {2}, step L beside right {&}, touch R to side {3}, angle body diagonal right and bend knees in a “sit” position keeping weight on left {4}—*use some funky body styling here*
- 5 6&7 8     **Straighten, sit, R step, L touch, body roll weight to L**  
Straighten up and face front again keeping weight on left {5}, go back to the “sit” position keeping weight on left and angling body again {6}, straighten up and step R beside left keeping body angled {&}, touch L to side keeping body angled {7}, body roll weight onto L—*because your body is angled this will have the appearance of a back body roll {8}—if you don’t want to do a body roll you can just shift your weight onto your L but keep feet about shoulder width apart*
- 1&2&3&4&     **Shoulder isolations R, L, R, L, R, L, R, L**  
Face front and shift shoulders R {1}, shift shoulders L {&}, shift shoulders R {2} shift shoulders L {&}, shift shoulders R {3}, shift shoulders L {&}, shift shoulders R {4} shift shoulders L {&}—*make a letter “c” when you do this by going up on count 1, down on 2, up on 3, down on 4...don’t forget to bend your knees!*
- 5 6 7 8     **Push hips front, side, back, side**  
(push hips forward {5}, push hips left {6}, push hips back {7}, push hips right {8})
- 1&2 3 4     **R triple 1/8 turn, L step, sit**  
Step R to side {1}, step L beside right {&}, step R to side {2}—*turn your body 1/8 turn right while you do this triple...so you’re facing the corner*, step L beside right {3}, bend knees and “sit” {4}—*use some funky body action here as well*
- 5 6 7 8     **R knee pop, L knee pop, R knee roll 1/8 turn**  
Straighten left knee and bend R knee {5}, straighten right knee and bend L knee {6}, straighten left knee and roll R knee clockwise making 1/8 turn right {7 8}—*you are now facing right of starting wall with weight on left*
- 1 2 3 4     **R knee roll step, L knee roll step**  
Touch R forward and roll knee clockwise two times ending with weight on right {1 2}, touch L forward and roll knee counter-clockwise two times ending with weight on left {3 4}—*this can just be done as touch steps if you have knee problems*
- 5 6&, hold 7, 8     **R kick, R step, L step, hold count 7, R touch**  
Kick R forward {5}, step R to side {6}, step L to side {&}—*feet are shoulder width apart*, hold {7}, touch R beside left and tip head to left—*ear to shoulder {8}—this count may feel odd, but go with the heavy beats in the chorus*



## Sequence

There are two versions of this song on the CD single. One is 2:55 (“breakdown” version); the other is 2:29 (“no breakdown” version). Although Tag 2 is shorter for the “no breakdown” version, the dance is funkier and more fun to the “breakdown” version. It’s also the version on the radio and in the video, so it will probably be the more commonly used one.

### “BREAKDOWN” VERSION (*Dancers’ Choice*)

#### Tag 1 *This is done in both versions*)

After the 3<sup>rd</sup> time you do the dance (*you will be facing left of the front wall*), there are an extra 16 counts. Repeat the last 16 counts of the dance. This will turn you to face the front wall to start the dance again after those 16 counts.

#### Tag 2 (“breakdown” version)

The next time you get to that same wall (*left of the front wall*) there is a break in the music for 8 counts. You will hear him say “Man, I’m tired of singing.” Just act cool, like you’ve finished dancing, face the front wall and then start the dance again. You will do the dance once, and then there will be an extra 4 counts as follows:

1 2 3 4      **R touch to side, R touch beside left, R touch to side, R touch beside left**  
 Touch R to side {1}, touch R beside left and tip head to left {2}—repeat these two counts {3 4}—*you will be facing right of the front wall for these 4 counts*

After these four counts, **repeat Tag 1** (in other words, repeat the last 16 counts of the dance). This will bring you to face the back wall where you will start the dance again. You will do the dance two more times and finish facing the front wall.

### “NO BREAKDOWN” VERSION

#### Tag 1 *This is done in both versions*)

After the 3<sup>rd</sup> time you do the dance (*you will be facing left of the front wall*), there are an extra 16 counts. Repeat the last 16 counts of the dance. This will turn you to face the front wall to start the dance again after those 16 counts.

#### Tag 2 (“no breakdown” version)

The next time you get to that same wall (*left of the front wall*) there is a break in the music for 8 counts. You will hear him say “Man, I’m tired of singing.” Just act cool, like you’ve finished dancing, face the front wall and then start the dance again. You will do the dance two times and finish facing the back wall.

**\*Remember...both versions do Tag 1. The change is in Tag 2.**

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