Wall hopping is when you jump into a wall like Candy says to go where you can't generally go on your own: that is to HOP over it.

For example in Field, if you want to go into the GDI or Nod Refinery, you pick a friend and go into the tunnel, come out of the tunnel and have your friend crouch near the short wall...then you use him as a step and jump over him and go over the wall. If your are a Technician/Hottie and if no one notices, the Refinery is history.

But this is illegal in most servers and will get you banned. So, this wall hopping is all a load of crap. Only a dumb loser will do it...so don't do it unless you're a dumb loser.