

200%

Count: 32

Wand: 4

Ebene: Improver

Choreograf/in: Pooi Kuan (MY) - March 2016

Musik: 200% by Akdong Musician (AKMU)



Dance starts after 16 counts

Section 1: □ Kick Ball Side Touch 2x, Charleston

1 & 2 Kick RF, Step on ball on RF, Touch LF to L
3 & 4 Kick LF, Step on ball on LF, Touch RF to R
5 6 Touch right toes forward, step back on right,
7 8 Touch left toe back, Step LF forward

Section 2: □ Cross, Side, Sailor Step, Cross Side Sailor 1/2 Turn

1 2 3&4 Cross RF over LF, Step LF to L, Step RF behind, Step LF beside RF, Step RF to R
5 6 Cross LF over RF, Step RF to R,
7 & 8 1/4L Turn Step LF behind RF, Step RF beside LF, Step LF Forward

Section 3: □ R Slide, Kick ball touch, L Slide Kick ball touch

1 2 Step RF to R (Slide), Touch LF beside RF
3 & 4 Kick LF, Step on ball on LF, Step on RF touch LF beside RF
5 6 Step LF to L (Slide), Touch RF beside LF
7 & 8 Kick RF, Step on ball on RF, Step on LF touch RF beside LF

Section 4: Jazz Box ¼ Turn, Bend Knee 4x

1 2 3 4 Cross RF over LF, Step LF Back, 1/4R Turn Step RF to R, Step LF beside RF
5 6 7 8 Bend knees 4 times

Restarts at wall 4 (9:00):

Dance for 16 counts and Restart at Wall 5 (3.00)

Ending: At Wall 10 (6.00) dance after 24 counts (12.00), do the Jazz Box on spot without ¼ turn (12.00), Continue bend knee 4 counts and dance last 8 counts (section 1) for ending.

~~~ Enjoy! ~~~

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