

Little Apple

拍数: 208 墙数: 1 级数: Phrased Intermediate
编舞者: Melvin Tan (MY) - August 2014
音乐: Little Apple - Chopstick Brothers



Dance Start from beginning. - Sequence: A1, B, C, A2, B, C, TAG, C, ENDING

PART A (32 counts)

(A1) Section 1: Facing Back (6.00) Hold 8 counts

1 2 3 4 5 6 7 8 Hold

(A2) Section 1: Facing Front (12.00) – R Step Forward, Pivot 1/2L Turn, Out, Out

1 2 3 4 Step RF forward, Hold, Pivot 1/2L Turn, Hold,
5 6 7 8 Step RF to R, Hold, Step LF to L, Hold

Section 2: R Hip Bump 4x, R Hip Bump 4x

1 2 3 4 Bump Hip to Right 4 times (Point Right Finger to diagonal R)
5 6 7 8 Bump Hip to Left 4 times (Point Left Finger to diagonal L)

Section 3: Sway Hip

1 2 3 4 Sway Hip RLRL (Raise both hands from hips to above head)
5 6 7 8 Sway Hip RLRL (Lower both hands from top to hips)

Section 4: 1/2L Turn R Hip Bump 4x, L Hip Bump 4x

1 2 3 4 ½ L turn step RF to R & Bump Hip to Right 4 times
5 6 7 8 Bump Hip to Left 4 times

PART B (64 counts)

Section B1: R Side Chasse, Rock Back, L Side Chasse, Rock Back,

1&2 3 4 Step R to R, Step LF beside RF, Step RF to R, Rock Back on LF, Recover on RF
5&6 7 8 Step L to L, Step RF beside LF, Step LF to L, Rock Back on RF, Recover on LF

Section B2: Monterey 1/4R Turn

1 2 Touch RF to side, Turn 1/4R with weight on LF & Step RF together
3 4 Touch LF to side, Step LF together
5 6 Repeat 1 2
7 8 Repeat 3 4

Section B3: Forward Shuffle, Pivot 1/2Turn R, Forward Shuffle, Full Turn/Walk Walk

1&2 3 4 Forward Shuffle RF, LF, RF, Step LF forward 1/2R Turn,
5&6 Forward Shuffle LF, RF, LF,
7 8 1/2L Turn & Step RF Back, ½L Turn & Step LF Forward

(Easier Option: Walk on RF, LF)

Section B4: Cross Side Sailor Step, Cross Side Sailor 1/4L Turn

1 2 Cross RF over LF, Step LF to L,
3&4 Step RF back, Step LF together, Step RF to Side
5 6 Cross LF over RF, Step RF to R,
7&8 Turn ¼ R & Step LF back, Step RF together, Step LF Forward

Section B5: Walk, Walk, Sway Hip, Stand Apart, R Hip Bump

1 2 3 4 Step RF forward, Hold, Step LF Forward, Hold (9.00)
5 6 7 8 Sway Hip Right, Left, Center, Bump Hip to R with weight on RF.

Section B6: Walk, Walk, Sway Hip, R Hip Bump

1 2 3 4 Turn ¼ L & Step LF forward, Hold, Step RF Forward, Hold (6.00)

5 6 7 8 Sway Hip, Left, Right, Left, Bump Hip to R with weight on RF

Section B7: Walk, Walk, Sway Hip, R Hip Bump (Repeat Section 6)

1 2 3 4 Turn ¼ L & Step LF forward, Hold, Step RF Forward, Hold (3.00)

5 6 7 8 Sway Hip, Left, Right, Left, Bump Hip to R with weight on RF

Section B8: Walk, Walk, Bounce 4x

1 2 3 4 Turn 1/4L & Step LF forward, Hold, Step RF Forward, Hold (12.00)

5 6 7 8 Step LF to L & Bounce 4 times (with clap)

PART C (64 counts)-Chorus

Section C1: Step, Touch, Step, Together, Heel Bounce 4x

1 2 3 4 Step RF to R, Touch LF beside RF, Step LF to L, Step RF Together

(Hand Mvmt : 1,2 Left fingers does a "C'mon" gesture. 3,4 Right hand does a thumbs up "It's mine" gesture)

5 6 7 8 Tap both heels together four time

(Hand Mvmt : 5,6 Shape a small circle (5) and a bigger circle (6) with both palms, 7,8 Push both hands out to side)

Section C2: Repeat Section C1

Section C3: Left Heel Tap 4x, Small Quick Step to R 4x/ Right Heel Tap 4x

1 2 3 4 Step LF to Left with Heel Tap 4 times

(Put left hand behind right ear, Right hand diagonal up)

5&6&7&8 Step RF to Right & Step on ball of LF – 4 times

(Put left hand behind head, Right hand do a punch style at chest)

(Option: 5678 Step RF to Right with Heel Tap 4 times)

Section C4: Out, Out, In, In, Hand movement, Left Jump 3x

1 2 3 4 Step RF diagonal R, Step LF to L, Step RF back, Step LF together

5 6 Hold 2 count (Hand Movement : Both hands at temple of head & sweep hands back

7&8 3 Small jump to Left (both hands behind ears)

(Option: Left side Chasse on LF,RF,LF)

Section C5: Repeat Section C1

Section C6: Repeat Section C1

Section C7: Repeat Section C3

Section C8: Out, Out, In, In, Sway Hip R,L,R,L

1 2 3 4 Step RF diagonal R, Step LF to L, Step RF back, Step LF together

5 6 7 8 Sway hip R,L,R,L with knees slightly bent

TAG (32 counts)

Section T1:R Side Chasse, L Side Chasse

1 & 2 Step RF to R, Step LF beside RF, Step RF to R (Both hands roll & clap)

3 & 4 Step LF to L, Step RF beside LF, Step LF to L (Both hands roll & clap)

5 & 6 Step RF to R, Step LF beside RF, Step RF to R (Both hands roll & clap)

7 & 8 Step LF to L, Step RF beside LF, Step LF to L (Both hands roll & clap)

Section T2:Repeat Section 1

Section T3:R Side Chasse 2x, L side Chasse 2x

1&2&3&4 Step RF to R, Step LF beside R x 3 times, Step RF to R (Both hands roll x3 & clap)

5&6&7&8 Step LF to L, Step RF beside LF x 3 times, Step LF to L (Both hands roll x 3 & clap)

Section T4: □ Step Touch Forward, Step Touch Back

- 1 2 Step RF forward, touch LF to L (Both hands roll & clap)
- 3 4 Step LF forward, touch RF to R (Both hands roll & clap)
- 5 6 Step RF back, touch LF to L (Both hands roll & clap)
- 7 8 Step LF Back, touch RF to R (Both hands roll & clap)

ENDING (16 counts)

Section E1: □ Walk Forward, Pose

- 1 2 3 4 Walk Forward on RF, LF, RF, Pose weight on LF
- 5 6 7 8 Hold 4 counts

Section E2: □ Walk Back, Pose

- 1 2 3 4 Walk Back on RF, LF, RF, Pose weight on LF
- 5 6 7 8 Hold 3 counts, Pose weight on RF

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