

Lion Heart

拍数: 148 墙数: 2 级数: Intermediate
编舞者: Wendy Loh (MY) - November 2015
音乐: Lion Heart - Girls' Generation



Sequence of Dance : INTRO, AB BC, AB BCC, BB BCC

Dance starts from beginning of music

INTRO (48 counts)

1-8 Stand with RF touch in front of LF

Styling : Cross clasp both hands in front at stomach area and tap gently

1-7 Both feet in place

Styling : Slowly raise clasped hands to above head

&8 Styling : Clap both hands twice at clasped hands position

1-8 Twist R hip up then down alternating (Hip drop)

Styling : Break the clasp and snap fingers above head every 2 counts (Snap on Count 2, 4, 6 & 8)

1-6 Continue with R hip twist

Styling : Snap fingers every 2 counts and slowly lower hands to side

7,8 Step RF forward, Step LF together

1 2 Step RF to side & Push R hip out to side, Hold (Styling: Push both hands down together)

3 4 Close RF together & Hold (Styling : Raise both hands above head)

5-8 Twist R hip up then down alternating (Hip drop)

Styling : Snap fingers above head every 2 counts (Snap on Count 6 & 8)

1-4 Twist R hip up & down four times (Styling : Wave both hands in air)

5,6 Step RF forward, Step LF forward

7 Step RF together

&8 Styling : Clap both hands

SECTION A (52 counts)

Section A1 : Step Touches

1 2 Step RF to side, Touch LF to side (Styling: Snap fingers at count 2)

3 4 Step LF in place, Touch RF in place

5 6 Repeat Steps 1,2

7 8 Repeat Steps 3,4

Section A2 : Step Touch, Twist, Pose, Pose

1 2 Step RF to side, Touch LF to side (Styling: Snap fingers at count 2)

3 4 Swivels both heels to L then R ending with weight on RF

5 6 Step LF in place & Touch RF together, Hold

(Styling: Place R hand under chin & L hand supporting R elbow)

7 8 Shift weight to RF & Touch LF beside RF, Hold

Styling: Point R hand forward with L hand still supporting R elbow)

Section A3 : Pose, Step to R & Alternating Shift Weight R, L, R

1 2 Shift weight to LF & Touch RF beside LF, Hold

(Styling: Place R hand under chin & L hand supporting R elbow)

3 4 Shift weight to RF, Hold (Styling: Both hands to side with L hand slightly in front)

- 5 6 Shift weight to LF, Hold ((Styling: Both hands to side with R hand slightly in front)
7 8 Shift weight to RF, Hold (Styling: Both hands to side with L hand slightly in front)

Section A4 : Rolling Vine to L, Step to L, Together, Step L, Touch

- 1 2 Turn ¼ L & Step LF forward, Turn ½ L & Step RF back,
3 4 Turn ¼ L & Step LF to side, Touch RF beside LF (Styling Clap at Count 4)
5 6 Step RF to side, Step LF together
7 8 Step RF to side, Touch LF to side (Styling: Place L hand at L shoulder & R hand around the waist)

Section A5 :

- 1-7 Quick bounce in place making a small circle from R to L, start with stepping on LF
&8 Ball step on RF, Step on LF

Section A6 : Touch R, Together, Touch L, Together & Repeat Set

- 1 2 Touch RF to side, Step RF together
3 4 Touch LF to side, Step LF together
5 6 Repeat Step 5,6
7 8 Repeat Step 7,8

Section A7 : Hand movement

- 1& Close both hands into a fist & Hit R fist on top of L fist twice
2& L hand thumb up & swing out to L, return to middle
3 4 R hand thumb up & swing out to R, place R arm on top of L arm

SECTION B (32 counts)

Section B1 : Sway body, A-Go-Go

- 1 2 Touch RF in front of LF & do gently R hip bounce movement
(Styling: Sway body to R then L with R arm place on top of L arm)
3 4 Repeat Step 1,2
5 6 Both feet in place & continue with gentle bounce
(Styling: Point R hand forward)
7 8 (Styling: Point L hand forward)

Section B2 : "No No" hand movement, Jump with feet apart, Hip Bump

- 1-4 Touch RF in front of LF & do gentle R hip bounce movement
(Styling : Raise both hands above shoulder & wave index finger gesturing "No No No")
&5 Jump with both feet apart & hip bump to L
6 7 8 Hip bump to R, L, R

Section B3 : Hip Bump LRLR, Jump with feet together, Hip Movement

- 1-3 Continue hip bump L, R, L,
&4 Jump with feet together & Drop R hip
5-8 Push R hip up, down, up, down

Section B4 : Twist to R then L

- 1-4 Swivel both heels, toes, heels, toes to R
5-8 Swivel both toes, heels, toes, heels to L

SECTION C (16 counts)

Section C1 : Pendulum Swing to R then L

- 1 2 Step RF to side & Shift weight to R, Hold
(Styling : Tilt body slightly to R side with both hands place on one another in middle)
3 4 Step LF to side, Shift weight to L
(Styling : Tilt body slightly to L side with both hands place on one another in middle)
5 Weight on both feet, Hold

6& Styling : Swing hands out to side but touching at wrists & hands return on top one another)
7 8 Styling : Squeeze both shoulders up, Release shoulders

Section C2 : Repeat Section C1
