

Prune Sijeol (Youthful Days)

COPPERKNOB
STEPSHEETS

拍数: 64 墙数: 1 级数: Beginner
编舞者: Sunny Jeong (KOR) & Jin Kyoung Baek (KOR) - May 2017
音乐: "Prune Sijeol" By Man soo Kim



Intro: 40C+32C Intro Section

Intro Section:- 32 Count (8x4)

- 1-4 Step Right Diagonal Forward Toe Touch Hip Bump(Turn your Left arm upwards with your hands up.
5-8 Step Left Diagonal Forward Toe Touch Hip Bump(Turn your Right arm upwards with your hands up.

Sec.1: Forward R.L.R, Kick L, Backward Run L,R,L, Together Touch

- 1 Run forward on Right.
2 Run forward on Left.
3 Run forward on Right.
4 Kick forward on Left.
(while right hand stretches upward)
5 Run Backward on Left.
6 Run Backward on Right.
7 Run Backward on Left.
8 Right Foot Together Toe Touch.

(while Clap with two hands)

Sec. 2: Right & Left Vine Step, Right & Left Scuff

- 1 Step Right to Right.
2 Cross Left behind Right.
3 Step Right to Right.
4 Step Left Scuff
5 Step Left to Left side.
6 Cross Right behind Left.
7 Step Left to Left side.
8 Step Right Scuff

Sec.3: Forward/Backward Diagonal Kick Step

- 1 Step Right Forward At the same time Step Left Diagonal Kick
2 Step Left Forward At the same time Step Right Diagonal Kick
3 Step Right Forward At the same time Step Left Diagonal Kick
4 Step Left Forward At the same time Step Right Diagonal Kick
5 Step Right Backward At the same time Step Left Diagonal Kick
6 Step Left Backward At the same time Step Right Diagonal Kick
7 Step Right Backward At the same time Step Left Diagonal Kick
8 Step Left Backward At the same time Step Right Diagonal Kick

Sec. 4: Side Stomp Hold, Right 1/2 Turn, Hip Bump~R,L,R,L

- 1-2 Step Right Side Stomp Hold
3-4 Step Left Side Stomp Hold
5-8 Hip Bump, Right-Left-Right-Left

Sec. 5: Right & Left Forward Shuffle, Right 1/2 Turn

- 1&2 Step Right Forward, Step Left beside Right, Step Right Forward

3&4 Step Left Forward, Step Right beside Left , Step Left Forward
5&6 Half Turn Right Step Right Forward, Step Left beside Right, Step Right Forward
7&8 Step Left Forward, Step Right beside Left , Step Left Forward

Sec.6: Side Shuffle, Back Rock Recover

1&2 Right Step Right to Right, Step Left beside Right, Step Right to Right
3-4 Step Left back Rock, Step Right Recover
5&6 Step Left to Left , Step Right beside Left , Step Left to Left
7-8 Step Right back Rock, Step Left Recover

Sec.7: Forward & Backward & Side Toe Strut

1 Step Right Forward Toe Touch
2 Right Heel Down
3 Step Left Backward Toe Touch
4 Left Heel Down
5 Step Right Side Toe Touch
6 Right Heel Down
7 Step Left Side Toe Touch
8 Left Heel Down

Sec.8: Swivel heels R, swivel toes R×2, Swivel toes L, swivel heels L×2

1-4 Swivel heels R, swivel toes R, swivel heels R, swivel toes R
5-8 Swivel toes L, swivel heels L, swivel toes L, swivel heels L

Special Dance of 5 Wall
Upper Body Full Turn Circle

Enjoy The Dance

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