

Baam

拍数: 64 墙数: 2 级数: Improver
编舞者: Pooi Kuan (MY) - August 2018
音乐: Baam (뱀) - MOMOLAND



Dance Starts after 16 counts.

Sequence: ABB ABB B A

PART A (32 counts)

Section A1: Shuffle Dance, Charleston Step

1 2 3 4 Shuffle Dance on RF,LF,RF,LF

(Easy option: Step in place on RF,LF,RF,LF)

5 6 7 8 Touch RF Forward, Step RF Back, Touch LF Back, Step LF Forward

Section A2: Shuffle Dance, Step Back Straight, Bend Knee

1 2 3 4 Shuffle Dance on RF,LF,RF,LF

(Easy option: Step in place on RF,LF,RF,LF)

5 Step RF Back Diagonal with Leg Straight (Throw R hand in the air) (facing 1:30),

6 Bend both knee (Throw R hand in the air circle)

7 Both leg Straight (Throw R hand in the air)

8 Bend both knee (Throw R hand in the air circle)

Section A3: Repeat Section 1

Section A4: Repeat Section 2

PART B (64 counts)

Section B1: Touch Forward, Hip Roll

1 2 3 4 Touch RF Forward with Hip Roll Up, Hip Drop, Hip Roll Up, Hip Drop

5 6 7 8 Hip Roll Up, Hip Drop, Hip Roll Up, Hip Drop

(Hand: R hand front with wrist circle)

Section B2: Right Vine, Triple Kick, Kick Ball Cross

1 2 3 4 Step RF to R, Step LF behind, Step RF to R, Kick LF Forward

5 6 Kick LF Forward x2

7 & 8 Kick LF Forward, Step on ball of LF, Cross RF over LF

Section B3: Touch Step

1 & 2 Touch LF to L, Recover on RF, Step LF next to RF

3 & 4 Touch RF to R, Recover on LF, Step RF next to LF

5 & 6 Touch LF to L, Recover on RF, Step LF next to RF

7 & 8 Touch RF to R, Recover on LF, Touch RF next to LF (Hand: Rolling both wrist)

Section B4: Out Out In In x2

1 2 3 4 Step RF Out to R, Step LF Out to L, Step RF In, Step LF next to RF

5 6 7 8 Step RF Out to R, Step LF Out to L, Step RF In, Step LF next to RF

Section B5: Step RF to R, Sway Hip, Touch

1 2 3 4 Step RF to R with Hip Sway R,L,R, Touch LF next to RF

5 6 7 8 Step LF to L with Hip Sway L,R,L, Touch RF next to LF

Section B6: Right Vine, Scuff, Pivot 1/2Turn, Touch

1 2 3 4 Step RF to R, Step LF behind, Step RF to R, Scuff LF Forward

5 6 7 8 Step LF Forward, Pivot 1/2R Turn, Step LF Forward, Touch RF next to LF

Section B7: Step RF to R, Sway Hip, Touch

1 2 3 4 Step RF to R with Hip Sway R,L,R, Touch LF next to RF

5 6 7 8 Step LF to L with Hip Sway L,R,L, Touch RF next to LF

Section B8: Cross Rock, Side Chasse, Forward Rock, Coaster Step

1 2 3 & 4 Cross RF over LF, Recover on LF, Side Chasse on RF,LF,RF

5 6 Rock LF Forward, Recover on RF,

7 & 8 Step LF Back , Step RF next to LF, Step LF Forward

~~~ Enjoy! ~~~

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