

Idol

拍数: 32 墙数: 4 级数: Improver
编舞者: Eun Mi Lim (KOR) & S.E.A of love (KOR) - April 2019
音乐: IDOL - BTS



Intro: 32 Counts (approx. 16secs). No Tags, No Restarts!

(S1) Rock Side/Recover, Cross Shuffle, 3/4 Spiral Turn L, Side Mambo.

1-2 Rock Side on R, Recover on L.
3&4 Cross R over L, Step L to left side, Cross R over L.
5-6 Spiral turn 3/4 L for 2 counts. (3:00)
7&8 Step L to left side, Recover on R, Step L next to R.

(S2) Rock Back/Recover, Forward, Pivot 1/4 Turn L, Together, Touch, Hold, Together, Forward, Heels Swivel.

1-2 Rock back on R, Recover on L.
3-4& Step forward on R, Pivot 1/4 turn L, Step R next to L. (12:00)
5-6& Touch L side, Hold, Step L next to R.
7&8 Step forward on R, Swivel both heels out to right, Swivel both heels to center. (end weight on L)

(S3) Rock Back/Recover, 1/2 Turn L Shuffle, Sailor Step, Behind, 1/4 Turn L Forward.

1-2 Rock back on R, Recover on L.
3&4 Turn 1/4 L stepping R to right side, Step L next to R, Turn 1/4 L stepping back on R. (6:00)
5&6 Cross L behind R, Step R to right side, Step L to left side.
7-8 Cross R behind L, Turn 1/4 L stepping L forward. (3:00)

(S4) Touch, Together, Touch, Together, Hitch, Back& Hitch, Ball Step Forward, Back& Hitch, Coaster Step.

1&2 Touch R toe to right side, Step R next to L, Touch L toe to left side. (12:00)
3-4 Step L next to R (both bending knees), Lift knee L with hitch R.
5&6 Step back on R with hitch L, Ball step forward on L in place, Step back on R with hitch L. (3:00)
7&8 Step back on L, Step R next to L, Step L forward.

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