

Bubble Pop

拍数: 160 墙数: 0 级数: Phrased Intermediate
编舞者: Kristiani Pangau (INA) - June 2020
音乐: Bubble Pop! - HyunA



Intro 16counts. You will start and end the dance with tag.

Sequence: Tag1, A, A, B, Tag1, A, A, B, Tag2, C, B*, Tag1, Tag1*

(B*= Change steps of sec 1-2)

(Tag1*= The first 8counts)

(Part A): 32counts

Sec 1 Side, together, side, together, mirror step

1234 Step R to R side, close L next to R, step R to R side, close L next to R

5678 Step L to L side, close R next to L, step L to L side, close R next to L

Sec 2 ½ turn monterey, ¼ turn monterey, ½ turn monterey, ¼ turn monterey

1234 Touch R to R side, ½ turn R step R together, touch L to L side, ¼ turn L step L together

5678 Touch R to R side, ½ turn R step R together, touch L to L side, ¼ turn L step L together

Sec 3 Sit, hold, shoulder, side, touch, side, touch

12 Sit on R hip, hold

&3&4 Pushing R shoulder fwd, back, fwd, back

5678 Step L to L side, touch R beside L, step R to R side, touch L beside R

Sec 4 Sit, hold, shoulder, side, touch, side touch

12 Sit on L hip, hold

&3&4 Pushing L shoulder fwd, back, fwd, back

5678 Step R to R side, touch L beside R, step L to L side, touch R beside L

(Part B): 64counts

Sec 1 Side kick, step, side kick, step, side hip bump, bump, bump, bump *

1234 Kick R to R diagonal, step R down, kick L to R diagonal, step L down

5678 step R to R side hip bump, hip bump, hip bump, hip bump

Sec 2 Side kick, step, side kick, step, side bump, bump, bump, bump

1234 Kick L to L diagonal, step L down, kick R to L diagonal, step R down

5678 step L to L side hip bump, hip bump, hip bump, hip bump

*(after part C, you will change the steps of section 1-2 of part B. This is where the music turn slowly):

Sec 1 Walk, hold, walk, hold, step, hold

1234 Step R to R diagonal, hold, step L to R diagonal, hold

5678 Step R to R side, hold for the last 3counts

Sec 2 Mirror steps of S1

Sec 3 Side, touch, side, together, anti-clockwise hip roll x2

1234 Step R to R side, touch L beside R, step L to L side, close R next to L

5678 Rolling hips anticlockwise x2

Sec 4 Side bump, bump, bump, bump, bump, bump, bump, ½ turn stomp, stomp

12 Step R to R bumping R hip, bump L

3&4 Bump R, L, R

56 Bump L, R,

78 ½ turn R stomp L to L side, stomp R to R side

Sec 5 Run x4, jump x4

- 1234 Step L fwd, step R fwd, step L fwd, step R fwd (do it in running motions)
5678 Jump to L, jump to R, jump to L, jump to R

Sec 6 ½ turn run x3, touch, side, touch, side, touch

- 1234 ½ turn L step L fwd, step R fwd, step L fwd, touch R beside L (do it in running motions)
5678 Step R to R side, touch L behind R, step L to L side, touch R behind L (I'd like to do it with shimmying shoulders)

Sec 7 Step, flick, step, flick, step, flick, step, flick

- 1234 Step R to R side, flick L to L side, step L in place, flick R to R side
5678 Step R in place, flick L to L side, step L in place, flick R to R side

Sec 8 Body roll x4, ¼ turn L body roll x2, twerk while popping chest x2

- 1234 Close R next to L while rolling the whole body (hips moving anticlockwise) x4
5678 ¼ turn L in place while rolling body, rolling body, bending kness and pushing back your hip while popping your chest x2 (7,8)

(Part C): 64counts**Sec 1 Step, hold, step, hold, step, step, step, step**

- 1234 Step R diagonal back, hold, step L diagonal back, hold
5678 Step R diagonal back, step L diagonal back, step R diagonal back, step L diagonal back

Sec 2 Pony step, pony walk, shoulders

- 1234 Slowly rocking R fwd while crossing your hands (1,2), transferring weight to L, hitch R knee (hands opened and snapped)
&5&6 Rock R fwd, transferring weight to L and hitch R, rock R fwd, transferring weight to L and hitch R
7&8 Shoulders Up, down, up

Sec 3 Drag In, together, drag in, ¼ turn body roll, tap, tap

- 12 Strike R out to R side and begin drag R towards L, finish R drag
&34 Close R next to L, strike L out to L side and drag towards R
56 ¼ turn L step L fwd while rolling body (end position: bend L knee and touch R, weight fully on L)
78 Tap R toe in place, tap R toe in place

Sec 4 ½ turn unwind, ¼ turn drag in, fast motion knee, body roll

- 12 Touch R behind L squaring body to 12.00, unwind ½ turn R
34 Strike L to L side and begin to drag L towards R, ¼ turn L finish drag towards R
5&6 Push L knee straightening R switching weight on L and push R knee x3 (Imagine that you are running in place but only move your knees)
78 Rolling body down to up

Sec 5 Hitch, ¼ turn, stomp, bend, knee in, out, in, out, in, out

- 1234 Hitch R knee, ¼ turn L squaring L heel to 12.00, stomp R to R side, bending knees
5&6 Bending knees in while moving towards R (L toe in, R heel out), bending knees out moving towards R (L heel in, R toe out), bending knees in while moving towards R (L toe in, R heel out)
&7& Bending knees out moving towards R (L heel in, R toe out), bending knees in moving towards L (L heel out, R toe in), bending knees out moving towards L (L toe out, R heel in)
8& Bending knees in moving towards L (L heel out, R toe in), bending knees out moving towards L (L toe out, R heel in)

Sec 6 ¼ turn, hitch, ¼ turn stomp, hold, heel fwd, ¼ turn, together, body roll

- 1234 ¼ turn R squaring R toe fwd, hitch L, ¼ turn R stomp L to L side, hold

5&6 Rock R heel fwd, ¼ turn L squaring L heel, close R next to L
78 Rolling body down to up

Sec 7 Moon walks

1234 Press R fwd, dragging R backwards, press L fwd, dragging L backwards
5678 Press R fwd dragging R backwards, press L fwd dragging L backwards, press R fwd
dragging R backwards, press L fwd dragging L backwards

Sec 8 Heel fwd, ¼ turn, together, hold, hands

1234 Rock R heel fwd, ¼ turn L squaring L heel, close R next to L, hold
5678 Pull R hand up and L hand down > handpalms goes from closed to opened as if expressing
BOOM! (5,6), hands down (7,8).

Tag 1: 32counts

Sec 1 Out, out, hitch, shoulder, hold, shoulder, ¼ turn, hand

12 Stomp R out, stomp L out,
3&4& Hitch R while pushing R shoulder back, fwd, back, fwd
5&6 Hold, push R shoulder back, fwd
78 ¼ turn R close R next to L (weight on R) while moving R hand fwd as if blowing something
from your handpalm (7,8)

Sec 2 Side, touch, side, touch, side, bump, bump, bump, bump

1234 Step L to L side, touch R beside L, step R to R side, touch L beside R
5&6 Step L to L side bumping L, bump R, bump L
7&8 Bump R, L R

Sec 3 ¼ turn, touch, touch, shoulders, hold, shoulders, touch

12 ¼ turn L step L to L side, touch R beside L
3&4& Touch R to R side, R shoulder up, down, up
5&6 Hold, R shoulder down, up
78 Touch R beside L while moving R hand fwd as if blowing something from your handpalm
(7,8)

Sec 4 Side, touch, side, touch, bump x6

1234 Step R to R side, touch L beside R, step L to L side, touch R beside L
5&6 Bump R, L, R
7&8 Bump L, R, L

Tag 2 Circle Walk

1234 ¼ turn R step R fwd, Hold, ¼ turn R step L fwd, hold
5678 ¼ turn R step R fwd, hold, ¼ turn R step L fwd, hold

(Those patterns made, in case you need clear direction. But actually, you can walk freely as long as you got the idea of walking around and back to the first position which is front wall).

Hope you enjoy the dance

Just try it, coz why not.....!!!

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