

AJR Bang

COPPER KNOB
BYEPOSTETS

拍数: 32 墙数: 4 级数: High Beginner
编舞者: Marla Wallace - October 2020
音乐: Bang! - AJR



Intro: 16 Count

S1: R Step Tick, Step Kick, R Coaster, Touch Left (Counts 1 - 8)

1,2,3,4 Step the right foot forward, hook left foot behind right ankle, step down left, kick right
5,6,7,8 Right foot goes back, left foot goes back, right foot comes forward, touch left toes next to right foot.

S2: L Step Tick, Step Kick; Left Coaster, Touch Right (Counts 9 - 16)

1,2,3,4 Step the left foot forward, hook the right foot behind the left ankle, step down right, kick left
5,6,7,8 Left foot goes back, right foot goes back, left foot comes forward, touch right toes next to left foot.

S3: Four Apple-Jacks (Counts 17 - 24)

1,2,3,4 Toes are pointed in, shift to right side, toes are pointed out, shift back to center, toes are pointed in, shift to the left, toes are pointed out, back to center, toes are pointed in.
5,6,7,8 Shift to right side, toes are pointed out, shift back to center, toes are pointed in, shift to the left, toes are pointed out, back to center, toes are pointed in

S4: ¼ Turn Hitch, Robot Arms, Torso Roll (Counts 25 - 32)

1,2,3,4 Step right foot out to right side, Pivot ¼ turn right with a left hitch, Place left foot down, **(Weight is distributed evenly between both feet), Pull hands up with fingers pointed to the floor,**
5,6,7,8 Flip hands up with the fingers pointed to the ceiling, raise both hands about one inch towards ceiling, make a full circle with your torso left to right, Stop hard on right weight on left drop hands

RESTART: At Pattern #9 is 1st 24 Counts

TAG: After Pattern #12 - 2 Counts

Right arm in front of body making a fist, move elbow to the right bringing arm upright ¼ turn right bring elbow down towards the ground

Last Update - 3 Nov. 2020