Bing Bing Bing lim (빙빙빙)



拍数: 32 增数: 4 级数: Easy Beginner

编舞者: SoonYoung-Bae (KOR) - March 2021

音乐: Bing Bing (빙빙빙) - Yang Ji Eun (양지은)



* Intro: 32 counts (start on vocal)

* Restart: after 16 counts on 6th wall(6:00)

* Tag: No

S1[1-8] SIDE-TOUCH(R-L), WALK FWD*3, TOUCH

1-2 step side to R(RF), toe touch beside RF(LF)

** Arms action : outstretched-arms are moving from L to R for 2counts. It's moving is slow and soft like a wind

3-4 step side to L(LF), toe touch beside LF(RF)

** Arms action : outstretched-arms are moving from R to L for 2counts. It's moving is slow and soft like a wind

walk fwd(RF) and outstretched-arms are moving to R
 walk fwd(LF) and outstretched-arms are moving to L

7-8 walk fwd(RF). toe touch beside RF(LF)

** Arms action : outstretched-arms are moving from L to R for 2counts. It's moving is slow and soft like a wind

S2[9-16] 1/4 TURN L SIDE-TOUCH, SIDE-TOUCH R, WALK BACK*3, TOUCH(9:00)

1-2 step 1/4 turn L side(LF), toe touch beside LF(RF)(9:00)

** Arms action : outstretched-arms are moving from R to L for 2counts. It's moving is slow and soft like a wind

3-4 step side to R(RF), toe touch beside RF(LF)

** Arms action: outstretched-arms are moving from L to R for 2counts. It's moving is slow and soft like a wind

walk fwd(LF) and outstretched-arms are moving to L
 walk fwd(RF) and outstretched-arms are moving to R

7-8 step side to L(LF), toe touch beside LF(RF)

** Arms action: outstretched-arms are moving from R to L for 2counts. It's moving is slow and soft like a wind

** RESTART HERE: 6 WALL(6:00)

S3[18-24] FWD SHUFFLE, 1/2 PIVOT TURN R, FWD SHUFFLE, 1/4 PIVOT TURN L(12:00)

step fwd(RF), ball step beside RF(LF), step fwd(RF)
ball step fwd and 1/2 turn R(LF), step fwd(RF)
step fwd(LF), ball step beside LF(RF), step fwd(LF)
ball step fwd and 1/4 turn L(RF), step side to L(LF)

S4[25-32] ROCKING CHAIR, SIDE-TOUCH R, 1/4 TURN L SIDE-TOUCH L(9:00)

1-4 step fwd rock(RF), step in place(LF), step back rock(RF), step in place(LF)

step side to R(RF), toe touch beside RF(LF) and clap

7 8 step 1/4 turn L side(LF), toe touch beside LF(RF) and clap(9:00)

* This music of dance is the trot of korea. I made this for senior people. But everyone could enjoy this.

Thank you and have fun $\Box\Box$

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