

Ping Pong

COPPER KNOB
STYLEDANCE

拍数: 32 墙数: 4 级数: Low Intermediate
编舞者: Heru Tian (INA) - September 2021
音乐: PING PONG - HyunA&DAWN (현아&던)



INTRO: 4 COUNTS (STARTS ON VOCAL) 1 TAG, NO RESTART

*****TAG 4C AT THE END OF WALL 6**

R,L,R,L WALK BACK/ SHIMMY

1-4 Walk back with shimmy Rf (1), Lf (2), Rf (3), Lf (4)

SECTION 1: R, L WALK BACK/SHIMMY- 1/8 PADDLE TURN L (X2) - R TOGETHER- L BEHIND TOUCH - BODY ROLL- R COASTER STEP

1-4 Walk back with shimmy Rf (1), Lf (2), Make a 1/8 turn L , touch Rf To Side (3), Make another 1/8 turn L, touch Rf To Side (4) facing 9.00

8&5 6 Step Rf Next to Lf (&), Touch Lf behind Rf, start to make a body roll (5), Finish body roll, transfer your weight on Lf (6)

7&8 Step Rf back (7), Step Lf Next To Rf (&), Step Rf fwd (8)

SECTION 2:L SIDE - R HITCH- R POINT HITCH POINT- 1/4 TURN R SAILOR STEP- L SIDE- COUNTER-CLOCKWISE HIP ROLL

12 Step Lf To Side (1), Hitch Rf (2)

(*for advance option : you can do full turn to L when Hitch on count 2)

3&4 Point Rf To Side (3), Hitch Rf (&), Point Rf To Side (4)

5&6 Sweep Rf front to back, make a ¼ turn R, Step Rf back (6), Step Lf Next to Rf (&), Step Rf fwd (6) facing 12.00

7 8 Step Lf to Side, start to make a uncounterclockwise hip roll (7), Finish hip roll, transfer weight on Rf (8)

SECTION 3: L,R SIDE KICK- R HITCH- R SIDE CHASSE - 1/4 TURN R BIG STEP SIDE- R HITCH-R BEHIND L SIDE R CROSS

1&2& Kick Lf to Side (1), Step Lf Next to Rf (&), Kick Rf To Side (2), Hitch Rf (&)

3&4 Step Rf To Side (3), Step Lf Next To Rf (&), Step Rf To Side (4)

5 6 Make a ¼ turn R, facing 3.00, Take a long step Lf To Side (5), Hitch Rf (6)

7&8 Cross Rf behind Lf (7), Step Lf to Side (&), Cross Rf over Lf (8)

SECTION 4 : L SIDEROCK/ HIP ROLL- RECOVER- L BEHIND R SIDE L FWD- R, L HEEL TOUCH - MODIFIED HEEL & TOE SWIVEL

1 2 Rock Lf To Side with hip roll (1), Recover on Rf (2)

3&4 Cross Lf behind Rf (3), Step Rf to Side (&), Step Lf fwd (4)

5&6& Touch Rf heel (5), Close Rf Next To Lf (&), Touch Lf heel (6), Close Lf Next to Rf (&)

7&8& Swivel both heels out (7), Swivel both toes out (&), Swivel both toes in (8), Swivel both heels in (&)

Start again...Thank you...

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