

Ping Pong

COPPER **KNOB**
BY STEPHEN

拍数: 116 墙数: 2 级数: Phrased Intermediate
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音乐: PING PONG - HyunA&DAWN (현아&던)



Intro : 4 count from heavy beat
Sequence : ABC ABC D Tag CBB

Part A - 32 count

SEC 1 : CROSS SAMBA, MAMBO R, WALK BACKWARD L,R,L

1 & 2 Cross RF over LF, step LF to L, recover on RF
3 & 4 Cross LF over RF, step RF to R, recover of LF
5 & 6 Rock RF fwd, Recover on LF, step back on RF
7 & 8 Walk back LF, RF, LF

SEC 2 : R COASTER STEP, WALK FWD L,R, PADDLE 5/8 TURN R, SYNCOPATED L ROCKING CHAIR

1 & 2 Step RF backward, close LF together RF, step RF fwd
3 - 4 Walk fwd LF, RF
5 - 6 Weight on R, point LF to L 1/4 R turn, point LF to L 3/8 R turn [7.30]
7&8& Rock LF fwd, recover on RF, rock LF behind, recover on RF

SEC 3 : DIAMOND, CROSS SIDE ROCK RECOVER, BEHIND SIDE ROCK RECOVER

1 & 2 Step LF fwd, step RF 1/8 turning L (6.00) step LF backward 1/8 turning L [4.30]
3 & 4 Step RF backward, Step LF 1/8 turning L (3.00), Step RF fwd 1/8 turning L [1.30]
5 & 6 Cross LF over RF, step RF to R, recover on LF [1.30]
7&8& Step RF behind LF 1/8 turning R, step LF to L, recover on RF 1/8 turning R [4.30]

SEC 4 : DIAMOND, HEELS SWITCH X 2, TOE SWIVEL, TOGETHER

1 & 2 Step LF fwd, step RF 1/8 turning L (3.00) step LF backward 1/8 turning L [1.30]
3 & 4 Step RF backward, Step LF 1/8 turning L (12.00), Step RF fwd 1/8 turning L [10.30]
5&6& L heel fwd, close LF next to RF, R heel fwd, close RF next to LF
7&8& Touch L fwd, swivel both heels to L, swivel both heels to center, close LF next to RF

Part B - 16 count

SEC 1 : TRAVELLING VOLTA FULL R TURN, SYNCOPATED L ROCKING CHAIR, BIG STEP FWD, TOUCH

1&2& Turn 1/4 R stepping RF fwd, step LF next to RF, turn 1/4 R stepping RF fwd, step LF next to RF
3 & 4 Turn 1/4 R stepping RF fwd, step LF next to RF, turn 1/4 R stepping RF fwd [12.00]
5&6& Rock LF fwd, recover on RF, rock LF behind, recover on RF
7 - 8 Step LF big step fwd, touch RF next to LF

SEC 2 PADDLE FULL L TURN, OUT, OUT, IN, CROSS, UNWIND FULL R TURN

1 - 4 Weight on LF, point RF to R, 1/4 L turn x 3, touch RF next to LF
5&6& Step RF to R, step LF to L, step in RF to center, cross LF over RF
7 - 8 Unwind full turn R (end weight on LF) [12.00]

Part C - 32 count

SEC 1 : KICK & SIDE ROCK X 2, SYNCOPATED R ROCKING CHAIR, FULL TURN L

1&2& Kick RF fwd, step on RF, rock LF to L, recover on RF
3&4& Kick LF fwd, step on LF, rock RF to R, recover on LF
5&6& Cross rock RF fwd, recover on LF, rock RF behind, recover on LF
7 - 8 Step RF fwd making a full L turn, step LF next to RF [12.00]

SEC 2 : PRESS R FWD, PRESS L FWD, SIDE STEP, CHEST PUMP X 2

- 1 - 4 Press RF fwd (body facing 1/8L), recover on RF, press LF fwd (body facing 1/8 R), recover on LF
5 & 6 Step RF to R, pump chest fwd & back (&6)
&7&8 Close LF next to RF, step RF to R, pump chest fwd & back (&8)

SEC 3 : SWAY R,L, R HIP BUMP, SWAY L,R, L HIP BUMP

- 1 - 2 Sway to R, sway to L,
3 & 4 R hip bump x 2 and slight hitch L (4)
5 - 6 Sway to L, sway to R,
7 & 8 L hip bump x 2 and slight hitch R (8)

SEC 4 : SAILOR STEP X 2, PIVOT 1/2 L TURN, WALK FWD R, L

- 1 & 2 Cross RF behind L, step LF to L, step RF to R
3 & 4 Cross LF behind R, step RF to R, step LF to L
5 - 6 Step RF fwd, 1/2 turning L stepping LF fwd, [6.00]
7 - 8 Walk fwd R,L

the 3rd time you dance Part C after the TAG, the steps will slow down to follow the music.

Part D - 32 count (facing 12 o'clock)**SEC 1 : SKATE R,L, 1/8 R SHUFFLE, L FWD MAMBO, BEHIND SIDE 3/8 L TURN, CROSS**

- 1,2,3&4 Skate R, skate L, step RF 1/8 diagonal R, close LF to RF, step RF to R [1.30]
5 & 6 Rock LF fwd, recover on RF, step back on LF,
7 & 8 Step RF behind LF, step LF to 3/8 L turn, cross RF over LF [9.00]

SEC 2 : HIP X 2, BEHIND SIDE CROSS

- 1 - 2 Press LF to L with L hip bump and bump
3 & 4 Cross LF behind RF, step RF to R, cross LF over R
5 - 6 Press RF to R with R hip bump and bump
7 & 8 Cross RF behind LF, step LF to L, cross RF over L

SEC 3 :SKATE L,R, 1/8 L SHUFFLE, R FWD MAMBO, BEHIND SIDE 3/8 R TURN, CROSS

- 1,2,3&4 Skate L, skate R, step LF 1/8 diagonal L, close RF to LF, step LF to L [7.30]
5 & 6 Rock RF fwd, recover on LF, step back on RF
7 & 8 Step LF behind RF, step RF to 3/8 R turn, cross LF over RF [12.00]

SEC 4 : HIP X 2, BEHIND SIDE CROSS

- 1 - 2 Press RF to R with R hip bump and bump
3 & 4 Cross RF behind LF, step LF to L, cross RF over L
5 - 6 Press LF to L with L hip bump and bump
7 & 8 Cross LF behind RF, step RF to R, cross LF over R

Tag (facing 12 o'clock) - 4 count - UNWIND FULL TURN R

- 1 - 4 Unwind full turning R (end weight on LF)

Ending facing 12 o'clock

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