

I Hate Trot, But These Days

COPPERKNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: High Beginner
编舞者: Eun Mi Lim (KOR) - March 2022
音乐: I Hate Trot (나는 트로트가 싫어요) - Im Chang-jung (임창정)



Intro: #32counts (approx. 16secs)

Sec 1: Walk Forward (R-L), Forward Mambo, Back, Coaster step, 1/4Turn L

1-2 Walk R forward, Walk L forward
3&4 Rock R forward, Recover on L, Step R back
5-6& Step L back, Step R back, Step L beside R
7-8 Step R forward, Pivot 1/4turn L weight onto L (9:00)

Sec 2: Out, Out, Behind-Cross-Side (X2), Heel Swivel

1-2 Step R diagonal forward to right side, Step L diagonal forward to left side
&3-4 Step R behind L, Cross L over R, Step R to right side
&5-6 Step L behind R, Cross R over L, Step L to left side
7&8 R heel swivel (In-Out-In) *Restart here on wall 10

Sec 3: Charleston Step, Forward, Twist & 1/2Turn L

1-2 Step R forward with L sweep from back to front, Touch L forward
3-4 Step L back with R sweep from front to back, Touch R back
5&6& Step R forward, 1/4turn L both heels Swivel (Right-Left-right)
7-8 1/4turn L both heels swivel (Left-Right) ends weight onto L (3:00)

Sec 4: Forward, Pivot 1/2Turn L, Kick-Forward-Point, Back & Knee Up-Forward Ball Step (X2), Back, Scuff

1-2 Step R forward, Pivot 1/2turn L weight onto L (9:00)
3&4 Kick R forward, Step R slightly forward, Point L toe forward
5&6& Step L slightly back and R knee up, Ball step slightly forward (X2)
7-8 Step L back, R scuff forward

Restarts: During wall 9, restart the dance after count 16

Enjoy Dancing Always!

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