

First Express 2022 (첫차)

COPPER KNOB
BYEONHEE

拍数: 32 墙数: 4 级数: Beginner
编舞者: Soon Jung Kim (KOR) - April 2022
音乐: First Express (첫차) (feat. Bang Shilyi [방실이]) - Super Junior-T (슈퍼주니어-T)



Intro : 32 Count

S1. Forward Work R,L,R.Touch, Bckward Work L,R,L, Touch.

1 – 4 Walk Fwd R(1), L(2), R(3), Touch L next to R With Hip Bump(4).
5 – 6 Walk Back L(5), R(6), L(7), Touch R next to L With Hip Bump(8).

S2. Heel Switch, Side Switch , (Pivot 1/8 Turn L with Hip Roll) × 2

1 & 2 & R forward heel touch (1), R Together (&), L forward heel touch (2), L Together (&)
3 & 4 & R Side Toe touch (3), R Together (&), L Side Toe touch (4), L Together (&)
5 – 6 Step R Fwd (5), 1/8 L Turn Hiprolling (6)
7 – 8 Step R Fwd (7), 1/8 L Turn Hiprolling (8)

S3. Vine Step, Hitch, R,L

1 – 4 Step R to Side(1), Step L Behind R(2), Step R to Side(3), L Corss Hitch(4).
5 – 8 Step L to Side(5), Step R Behind L(6), Step L to side(7), R Corss Hitch(8).

S4. Charleston Step, hip Sway R,L,R,L

1 – 4 Step R Fwd (1), Kick L Fwd(2), Step L Back (3), Touch R back (4).
5 – 8 Step R Side with Hip Sway R(5),L(6),R(7),L(8).

* Restart : On Wall 3 and Wall 8 After 16 Count.

Begin again and enjoy !

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