

Ez Mong Nan Nan Eh

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Easy Beginner
编舞者: Molly Yeoh (MY) - June 2023
音乐: Vitamin A (มองนนานะ) - FLI:P



Intro: 32 counts from heavy beats (Free style)

No tag no restart!

*** Feel free to do just one wall! Tq!**

Section 1: WALK FWD RL, STEP SWAY RLR, TOE STRUT, TOUCH

1 2 3 4 Walk fwd RF, walk fwd LF, RF step sway to R, L
5 6 7 8 Sway to R (5), LF step to L on toe, step down on (7), RF touch beside LF

Section 2: RF STEP DOWN, ¼ L TURN, STEP TO LRL, R&L FWD TOUCH RECOVER

1 2 3 4 Step down on RF, ¼ L turn, stepping LRL to L side
5 6 7 8 RF fwd touch recover, LF fwd touch recover

Section 3: STEP RF FWD, L&R SIDE TOUCHES, (R CROSS & SIDE TOUCHES) X 2

1 2 3 4 RF step fwd, LF touch to L, LF step fwd, RF touch to R
5 6 7 8 (RL cross touch over L, RF touch to R) X 2

Section 4: STEP BACK RL, R AND L SIDE STEP, (HIP ROLL) X2

1 2 3 4 Step back R, L, RF step to R, LF to L,
5 6 7 8 Hip roll X2

Inspired by tiktok viral Hit song! TQVM and ENJOY!

Feel free to dance with or without hand styling! Or free style! 自由发挥

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