VingleVingle (빙글빙글)



拍数: 64 编数: 4 级数: Phrased Improver

编舞者: Russibell Seoh (KOR) - June 2023 音乐: VingleVingle - HEIZE (헤이즈)



Intro: 32 Counts

Tag: 4 Counts, JazzBox

1234 Cross R Over L, L Back, R Slde, Cross L Over R

Part A: 32 Counts Part B: 32 Counts

Sequence: AAABAABATag(4), B

Part A: 32 Counts

A Sec1: Fwd Walk R L R L , 1/4 L Turn R Slde & Slow Hip Sway R L

1234 Fwd Walk R L R L

5678 1/4 L Turn R SIde & Slow Hip Sway R L (9:00)

A Sec2: Traveling Botafoges ,R Back , Hip Bump L , L Back , Hip Bump R

1&2 Cross R Behind L , L SIde Rock , Recover On R3&4 Cross L Behind R , R Side Rock , Recover On L

5 6R Back , Hip Bump L7 8L Back , Hip Bump R

A Sec3: R Back Rock, Recover On L, 1/2 L Turn R Shuffle Back, 1/2 L Turn L Shuffle

Fwd , R Fwd, 1/4 R Turn Step L Side

1 2 R Back, Close L Next To R

Styling: Extend both hands straight above your head.

3&4
 1/4 L Turn R Side, Close L Next To R, 1/4 L Turn Step L Back
 5&6
 1/4 L Turn L Side, Close R Next To L, 1/4 L Turn Step L Fwd

7 8 R Fwd, 1/4 R Turn Step L Side (12:00)

A Sec4: 1/4 R Turn Sailor, Out Out, Coaster, 1/4 L Paddle Twice

1&2 Cross R Behind L , 1/4 R Turn L Side (3:00) , R Fwd
34 Step L To L Diagonal Fwd , Step R To R Diagonal Fwd

5&6 L Back, Close R next To L, L Fwd

78 1/4 L Turn Point R To R (12:00), Repeat (9:00)

Part B: 32 Counts

1234

B Sec1: R Side, Together, R Side, Touch L Next To R, L Vine, Touch R Beside L

1 2 R Side & Turn Head To R, Step Close L Next To R & Turn Head To L

3 4 R Side & Turn Head a Clockwise, Touch L Beside R 5678 L Side, Cross R Behind L, L Side, Close R Next To L

Styling: Stretch your right hand over your head, straighten your index finger, and walk to the left.

B Sec2 : 1/4 R Turn Step L Side Press The Ball Of R Foot & Twist To R Three Times , In Place R , Hip Sway

RL, R Side & Hand Movement

1/4 R Turn Step L Side Press The Ball Of R Foot To R Side & Twist To R Four Times At This

Time, Twist The Raised Heel Three Times Inward, In Place R

Styling: Draw a circle with your right index finger four times in a clockwise direction.

5 6 Close L Next To R & Hip Sway R , Hip Sway L

Styling: Place your right hand lightly on your head & tilt your head in the order of right and left.

7 8 R Side & Hand Movement

Styling: Bend your upper body, cross your hands, and shake them up and down.

B Sec3 :Close L Next To R & Hip Sway L R L Center & AntiClockwise Head Turn , Hip Sway R L R L & Clockwise Head Turn

1234 Close L Next To R & Clockwise Head Turn For Four Couts

5678 Anti Clockwise Head Turn For Four Counts

B Sec4 : As R Knee Bends, Upper Body Goes Down & Comes Up, 1/4 R Turn As L Knee Bends, Upper Body Goes Down & Comes Up, Body Wave R L R L

12 As R Knee Bends, Upper Body Goes Down , Upper Body Comes Up

34 1/4 R Turn As L Knee Bends, Upper Body Goes Down, Upper Body Comes Up

5678 Head Sway R L R L

Styling: Shake your head in the same direction as your body.

Enjoy The Dance!!

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