

Form (폼 미쳤다)

COPPER KNOB
STYLEDANCE

拍数: 32 墙数: 4 级数: Intermediate - Line-Robic
编舞者: JMP (KOR) - September 2023
音乐: FORM (폼 미쳤다) - Youngtak (영탁)



This is Line dance + Aerobic. Please refer to my video for arm movements and intro dance

Start : After 16 Count

***3 Restart : On Wall 3 (3:00), Wall 7 (3:00) & Wall 9 (9:00) after 16 counts

*1 Tag : After wall 4 (12:00) - 4 count

1 - 4 Rocking Chair

S1 (1-8) Step Side and Shoulders Pop, Kick Side, Sweep Back (R-L), 1/4 Turn left Behind, Forward Touch

1 - 4 Step RF to side and raise right shoulder up (1), Raise left shoulder up (2), Raise right shoulder up (3), Raise left shoulder up and at the same time, lower your body slightly (&), Raise right shoulder up and at the same time, raise your body and kick LF to the side (4)
5 - 8 Step LF backward with sweep RF (5), Step RF backward with sweep LF (6), 1/4 turn left step LF back (7), Point RF to forward with heel life (8) - 9:00

S2 (1-8) Knee Pop, Pony Step, Step Back, Heel Swivel

1 - 4 RF heel drop and same time LF heel to the lift (1), LF heel drop and same time RF heel to the lift (2), RF heel drop and same time LF heel to the lift (3), LF heel drop and same time RF heel to the lift (&), RF heel drop and same time LF heel to the lift (4), LF heel drop (&)
5 - 8 Step RF backward (RF knee bending) with LF hitch forward (5), Step LF forward with press (&), Step RF backward (RF knee bending) with LF hitch forward (6), Step LF backward (7), Swivel RF heel to out (&), Swivel RF heel return to the center (8)

S3 (1-8) Forward Step-Point (R-L), Heel Swivel, Kick Ball Change-Point(R-L)

1 - 4 Step RF forward (1), Point LF to side (2), Step LF forward (3), Point RF to side or ball tap (4) - Weight LF
5 - 8 Swivel both heels to right (&), Swivel both heels return to the center (5), Kick RF to forward (6), Step RF in place (&), Point LF to side (7), Kick LF to forward (8), Step LF in place (&)

S4 (1-8) Step Side with Press-Together (R-L), Apple Jack (R-L), Stomp, Clap x 2

1 - 4 Step RF to side with press (1), Step RF beside L (2), Step LF to side with press (3), Step LF beside R (4)
5 - 8 RF toe lift and LF heel up at the same time swivel to the right (5), RF toe down and LF heel down at the same time return to the center (&), LF toe lift and RF heel up at the same time swivel to the left (6), LF toe down and RF heel down at the same time return to the center (&), Stomp RF to right diagonally forward (7), Clap (&), Clap (8) - Easy Option : Toe Fan x2, Stomp, Clap x2

I hope you dance happily and happily. ***

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<https://www.youtube.com/c/JMPLinedanceAtti>

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