

3D

拍数: 64 墙数: 2 级数: Phrased Intermediate
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音乐: 3D - Jung Kook (정국) & Jack Harlow



Sequence : A, Tag 1, A, Tag 2, B, Tag 1, A, Tag 2, Tag 2, B, B, A, Tag 2, Tag 2, B

Part A

[1-8] Rock(Coude Pied), Recover, Turn 1/2 L Sailor, Progressive Lock

- 1 LF Step forward (Coude Pied) (hand gestures for calling)
- 2 RF Step recover
- 3 LF Step behind
- & RL ¼ Turn L Step side
- 4 LF ¼ Turn L Step forward(6:00)
- 5 RF Step forward
- & LF Step Lock
- 6 RF Step forward
- & LF Step forward
- 7 RF Step lock
- & LF Step forward
- 8 RF Step side

[9-16] Sweep, Behind, Turn 1/4 L, Tap, Step, Turn 1/4 Hip Rocks, Touch

- 9 LF Step behind(Sweep front to back)
- 10 RF Step behind
- 11 LF ¼Turn L step forward (3:00)
- & RF Step tap
- 12 RF diagonal step forward (3:00)
- 13 LF ¼ Turn R Step side(Hip Rock)(6:00)
- & RF Step Recover
- 14 LF ¼ Turn R Step side(Hip Rock)(9:00)
- & RF Step recover
- 15 RF Step forward
- & LF ¼ Turn R Step side(Hip Rock)(12:00)
- 16 LF Touch together

[17-24] (X2)Rock, Recover, Behind, Side, Cross

- 17 LF Step side
- 18 RF Step Recover
- 19 LF Step behind
- & RF Step side
- 20 RF Cross over LF
- 21 RF Step side
- 22 LF Step Recover
- 24 RF Step behind
- & LF Step side
- 25 RF Cross over RF

[25-32] (L,R)Twist, Hitch, (X2)Pivot Turn 1/2

- 25 LR Step side with Twist Toe out
- & RL Twist Toe In
- 26 LF Twist Toe out(RF Hitch & outside the toe)

- 27 RL Step side with Twist Toe In
- & LR Twist Toe out
- 28 RF Twist Toe In(RF Hitch & Inside the toe)
- 29 LF Step forward
- 30 RF ½ Turn R Step Recover
- 31 LF Step forward
- 32 RF ½ Turn R Step Recover

Part B

[1-8] (X4)Backward, Touch

- 1 RF Step diagonally backward
- 2 LF Touch Together
- 3 LF Step diagonally backward
- 4 RF Touch Together
- 5 RF Step diagonally backward
- 6 LF Touch Together
- 7 LF Step diagonally backward
- 8 RF Touch Together

*** Arm : (X4) diagonally up to down**

[9-16] 1/8 R Step Lock, 1/2 R Pivot Turn, Turn 1/2 R Step Lock, 1/8 R Step Coaster

- 9 RF ⅛ Turn R Step forward (1:30)
- & LF Step lock
- 11 RF step diagonally R forward
- 12 LF Step forward
- 13 RF ½Turn L step recover(7:30)
- 14 LF ¼Turn R Step side (10:30)
- & RF ¼Turn R Step lock (1:30)
- 14 LF Step back
- 15 RF ⅛ Turn R Step back (3:00)
- & LF Step together
- 16 RF step forward

[17-24] FULL DIAMOND

- 17 LF Cross over RF (4:30)
- & RF Step to side (3:00)
- 18 LF Cross behind RF (1:30)
- & RF Hitch
- 19 RF Step backward
- & LF ⅛ Turn L & step to side (12:00)
- 20 RF Cross over LF (10:30)
- 21 LF Cross over RF
- & RF Step to side (9:00)
- 22 LF Cross behind RF (7:30)
- & RF Hitch.
- 23 RF Step backward
- & LF ⅛ Turn L & step side (6:00).
- 24 RF Step forward

[25-32] (R,L) Kick, Ball, Touch, Step Together, Rock Change

- 25 LF Kick
- & LF Ball
- 26 RF Touch Side
- 27 RF Kick

& RF Ball
28 LF Touch Side
& LF next to RF
29 RF Step side rock
30 LF Recover
& RF next to LF
31 LF Step side rock
32 RF Recover
& (Add: When repeating Part B twice, bring your LF next to RF)

Tag 1

[1-8] (X2) Backward(Sweep), (X2) Triple, Back Rock

1 LF Step back(Sweep front to back RF)
2 RF Step back(Sweep front to back LF)
3 LF Step back
& RF step recover
4 LF Step back (Sweep front to back RF)
5 RF Step back
& LF step recover
6 RF Step back (Sweep front to back LF)
7 LF Step back rock
8 RF Step recover

Tag 2

[1-8] Cross, Side, Behind, Behind, Side Cross, (X2) Step Side(Twerking)

9 LF Cross over RF
& RF Step Side
10 LF Cross behind RF
11 RF Step behind
& LF Step Side
12 RF Cross over LF
13 LF Step side (Start to Twerking)
14 RF Step together (Finish)
15 LF Step side (Start to Twerking)
16 RF Step together (Finish)

[9-16] (x4) Hip Rocks, Knee Bounce

25 LF Step side(With Hip rock)
& RF Recover
26 LF Step side(With Hip rock)
& RF Recover
27 LF Step side(With Hip rock)
& RF Recover
28 LF Step side(BF weight)
29 BF Knee Bounce
30 BF Knee Bounce
31 BF Knee Bounce
32 BF Knee Bounce

28~32 Both Arms Banding in front of Chest & Chest Rise
(When repeating Tag2 twice, bring RF next to LF)

Last Update: 3 Nov 2023
