

Piggyback (어부바) (Seniors)

COPPER KNOB
BY STEPSHEETS

拍数: 32 墙数: 2 级数: Absolute Beginner
编舞者: KimSam (KOR) - March 2024
音乐: Piggy Back (어부바) - Jang Yoon Jeong (장윤정)



Intro: 32 Counts - NO TAG, NO RESTARTS

[1- 8] SIDE, TOGETHER, SIDE, TOUCH, (R-L)

1234 Step R to R side (1), Step L together R (2), step R to R side (3), step L beside touch (4)
5678 Step L to L side (5), Step R together L (6), step L to L side (7), step R beside touch (8)

[9-16] FORWARD TOE STRUT, (R-L-R-L)

1234 Step R toe touch (1), step R heel drop (2), Step L toe touch (3), Step L heel drop (4)
5678 Step R toe touch (1), step R heel drop (2), Step L toe touch (3), Step L heel drop (4)

[17-24] SIDE, TOGETHER, SIDE, TOUCH, (R-L)

1234 Step R to R side (1), Step L together R (2), step R to R side (3), step L beside touch (4)
5678 Step L to L side (5), Step R together L (6), step L to L side (7), step R beside touch (8)

[25-32] 1/2 TURN RIGHT, TURNING WARKING, (FWD, 1/4TURN RIGHT X3), STEP TOGETHER, HIP BUMP (R-L-R-L) 6:00

1234 1/4 turn right step fwd R to R (2), 1/4 turn right L fwd R (3), 1/4 turn right step fwd R to R (4)
 Step L together R
5678 Step R to R side with Hip bump right (5), hip bump left (6), hip bump right (7), hip bump left
 (8) 6:00

*Toe struts can help you strengthen your lower body, improve your balance, and increase stability in your knee joints.

*Option You can do it in wall4, 1/4 turn each

*Walking in circles is an aerobic exercise that improves heart and lung function. It promotes blood circulation throughout the body and quickly supplies oxygen and nutrients to improve physical strength.

Learn the steps to exciting music.

We made it easy for seniors to learn the steps. Thank you for having fun with us

Have fun with line dancing KimSam

*토 스트럿을 통해 하체 근력을 강화하고 균형을 향상시킬 수 있으며, 무릎 관절에 대한 안정성을 높일 수 있습니다.

*원을 그리며 걷는 것은 심장과 폐 기능을 향상시키는 유산소 운동입니다. 전신의 혈액순환을 촉진하고 산소와 영양분을 빠르게 공급하여 체력을 향상시킵니다

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