

拍数: 64 墙数: 1 级数: Phrased Improver
编舞者: Monica Choi (KOR), Rosa Lee (KOR) & Chloe Cha (KOR) - June 2024
音乐: Home (흥) - Lim Young Woong (임영웅)



* Sequence : A B Challenge / A B Challenge / A B (Until 12counts and then hold 4 counts)Challenge

Part A

S1 : Walk, Walk, Shuffle Fwd, Back, Back, 1/2 L Step Fwd, Step Fwd.

- 1-2 Step RF fwd, Step LF fwd.
- 3-4 Step RF fwd, Step LF beside RF, Step RF fwd.
- 5-6 Step back on LF, Step back on RF,
- 7-8 Turn 1/2 L Step LF fwd, Step RF fwd (6:00).

S2 : 1/2 L Pivot, Step Fwd, Shuffle Fwd, Back Dig, Touch, Back Dig, Touch.

- 1-2 Turn 1/2 L Step LF fwd, Step RF fwd (12:00).
- 3-4 Step LF fwd, Step RF beside LF, Step LF fwd.
- 5-6 Step back on RF diagonal R, Touch Lf beside RF,
- 7-8 Step back on LF diagonal L, Touch Rf beside LF,

S3 : 1/2 L Back, Back, Back Rock, Recover, Coaster Step, Step Fwd.

- 1-2 Step back on RF, Step back on LF (10:30).
- 3-4 Lock back on RF, Recover on LF.
- 5-6 Step back on RF, Step LF beside RF.
- 7-8 Step RF fwd, Step LF fwd.

S4 : Step Fwd, 1/4 L Step Fwd, 1/2 L(walk x 4).

- 1-2 Turn 1/8 L Step RF fwd, Hold (9:00).
- 3-4 Turn 1/4 L Step RF fwd, Hold (6:00).
- 5-8 Turn 1/2 L walk X 4, R-L-R-L (12:00).

Part B

S1 : Heel Bounce R x 2, Heel Bounce L x 2, Heel Bounce R x 2, Vine L.

- 1-2 Step RF to R side, with R heel down, hold.
- 3-4 Step RF to R side, with R heel down, hold.
- 5-6 Step LF to L side, with L heel down, hold.
- 7-8 Step LF to L side, with L heel down, hold.

S2 : Heel Bounce R x 2, Heel Bounce L x 2, Heel Bounce R x 2, Vine L.

- 1-2 Step RF to R side, with R heel down, hold.
- 3-4 Step RF to R side, with R heel down, hold.
- 5-6 Step LF to L side, cross RF behind LF.
- 7-8 Step LF to L side, Touch RF behind LF.

S3 : Vine R Dig, Vine L Dig, 1/4 L Side rock, Recover, Together, Side, Hold, 1/2 L Side, Hold.

- 1-2 Turn 1/8 L Step RF to R side, Cross LF behind RF (10:00).
- 3-4 Step RF to R side, Touch LF behind RF.
- 5-6 Step LF to L side, Cross RF behind LF.
- 7-8 Step LF to L side, Touch RF behind LF.

S4 : Vine R Dig, Vine L Dig, 1/4 L Side rock, Recover, Together, Side, Hold, 1/2 L Side, Hold.

- 1-2& Turn 3/8 L rock RF to R side, Recover on Lf, Step RF beside LF.
- 3-4 Step LF to L side, Hold (6:00).

5-8 Turn 1/2 L Step RF to R side, Hold
7-8 Hold, Hold

Challenge

S1 : Step RF to R side, Step LF to L side.

1-2 Step RF to R side, Step LF to L side.
3-4 Step RF to R side, Step LF to L side.
5-6 Step RF to R side, Step LF to L side.
7-8 Step RF to R side, Step LF to L side.

S2 : Step Fwd, Hitch, Back Together, Knee Bounce x 2.

1-2 Step RF fwd, Hitch LF.
3-4 Step back on LF, Step RF beside LF.
5-6 Bounce both knees, Straight both knees.
7-8 Bounce both knees, Straight both knees.

S3 : (R Side, Touch, L Side, Touch) x 2.

1-2 Step RF to R side, Touch LF beside RF.
3-4 Step LF to L side, Touch RF beside LF. . 5-6 Step RF to R side, Touch LF beside RF.
7-8 Step LF to L side, Touch RF beside LF.

S4 : Side, Hold.

1-2 Step RF to R side. Hold.
3-8 Hold.

S5 : Step Fwd, Kick, Back Together, Step RF to R side, Step LF to L side.

1-2 Step RF fwd, Kick LF.
3-4 Step back on LF, Step RF beside LF.
5-6 Step RF to R side, Step LF to L side.
7-8 Step RF to R side, Step LF to L side.

S6 : Step Fwd, Kick, Back Together, Knee Bend x 2..

1-2 Step RF fwd, Kick LF.
3-4 Step back on LF, Step RF beside LF.
5-6 Bend both knees, Straight both knees.
7-8 Bend both knees, Straight both knees.

S7 : (R Side, Touch, L Side, Touch) x 2.

1-2 Step RF to R side, Touch LF beside RF.
3-4 Step LF to L side, Touch RF beside LF. . 5-6 Step RF to R side, Touch LF beside RF.
7-8 Step LF to L side, Touch RF beside LF.

S8 : Side, Hold.

1-2 Step RF to R side, Hold.
3-4 Hold, Hold. . 5-6 Raise both hands up, Down both hands.
7-8 Look R side, Look. Look straight ahead.

S9 : Hip Bump R x 2, Bump L x 2.

1-2 Step RF to R side, Hold.
3-4 Step LF to L side. Hold.
5-6 Step RF to R side, Hold.
7-8 Step LF to L side. Hold.

S10 : Hip Bump R x 2, Bump L x 2.

1-2 Step RF to R side, Hold.

3-4 Step LF to L side. Hold.
5-6 Step RF to R side, Hold.
7-8 Step LF to L side. Hold.

S11 : Step Fwd, Touch Fwd, Step Back, Touch Back.

1-2 Step RF fwd, Touch LF fwd.
3-4 Step back on LF, Touch RF back.
5-6 Step RF fwd, Touch LF fwd.
7-8 Step back on LF, Touch LF back.

S12 : Step Fwd, Touch Fwd, Step Back, Touch Back, Step Side, Hold.

1-2 Step RF fwd, Touch LF fwd.
3-4 Step back on LF, Touch RF back.
5-6 Step RF fwd, Step LF beside RF.
7-8 Step RF to R side, Hold.

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