

M&M Pantropiko (Hip Hop Rhythm)(Chair Dance)

COPPERKNOB
STEPSHEETS

拍数: 0 墙数: 1 级数: Phrased Chair dance
编舞者: V. Allen L. Isidro (USA) - August 2024
音乐: Pantropiko - BINI



Note: Music & Motion series 2024-2025 season

(1-wall phrased) AAAABBBBCCCCDDDD, AAAABBCCCCDDDD, AAAABBCCCCDD

Set A Heel, together, heel, together, both heels out-in, both heels out-in

1-2-3-4 Forward R heel – together R – forward L heel – together L

5-6-7-8 Both R & L heels out – in, both R & L heels out – in

Repeat 4x

Set B Side, together, side, together, both toes out-in, both toes out -in

1-2-3-4 Side R – together R – side L – together L

5-6-7-8 Both R & L toes out – in, both R & L toes out – in

Repeat 4x

Set C Heel, together, heel, together, both heels out-in, both heels out-in

(simultaneous with elbows)

1-2-3-4 Forward R heel - together R – forward L heel - together L with corresponding R & L

elbows pushing forward up- recover down

5-6-7-8 Both R & L heels out – in with both elbows up-down on sides 2x

Repeat 4x

Set D Side, together, side, together, both toes out-in, both toes out -in

(simultaneous pointing to sides)

1-2-3-4 Point & side R – together R – point & side L – together L

5-6-7-8 Both R & L toes out – in, both R & L toes out – in

Repeat 4x

START ALL OVER

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