

APT (Apateu)

COPPER KNOB
STEPSHEETS

拍数: 112 墙数: 1 级数: Phrased High Beginner
编舞者: Adelaine Ade (INA) - October 2024
音乐: APT. - ROSÉ & Bruno Mars



Start on APT lyrics...

Sequence: A, A, B 64, A, A, B 64, A, A, TAG 16C, C, C, C, C, B32 (section 5-8), A, A, A, A

Part A 16C

S1. V - STEP TWICE

1234 Step R forward to right diag, step L forward to left diag, step R back center, step L back center
5678 Step R forward to right diag, step L forward to left diag, step R back center, step L back center

S2. STOMP R HOLD, STOMP L HOLD, JUMPING BACKWARD, HOLD, SHOULDER PUSH

1-2-3-4 Step R to right diag, hold (2), Step L to left diag, hold (4)
&5-6 Hop R back, Hop L back, Hold (6)
7-8 push shoulder twice (pushing on the chest)

Part B 64C

S1. SIDE, TOUCH, SIDE TOUCH, VINE RIGHT W/ TOUCH

1-2 Step Right to Right side, touch Left toe behind Right foot
3-4 Step Left to Left side, touch Right toe behind Left foot
5-6 Step Right to Right side, cross Left behind Right
7-8 Step Right to Right side, touch Left toe beside Right foot

S2. VINE LEFT W/TOUCH, TWIST RLR, R FLICK

1-2 Step Left to Left side, cross Right behind Left
3-4 Step Left to Left side, touch Right toe beside Left foot
5-8 With feet together weight on balls of feet, twist heels R,L,R, flick Right foot up behind Left

S3. SIDE STRUT, CROSS, STRUT, SIDE CHASSE (R L)

1-4 Touch right toe to right, Drop right heel, Touch left toe over right, Drop left heel
5-8 Step right to right, step L beside R, Step R to right, step left behind R, recover on L

S4. SIDE STRUT, CROSS, STRUT, SIDE, CROSS, SIDE, KICK

1-4 Touch left toe to left, Drop left heel, Touch right toe over left, Drop right heel
5-8 Step Left to left, step R beside L, Step L to left, step R behind right, recover on R

S5. SIDE, TOUCH, SIDE, TOUCH (R - L)

1-2 Step right to side, L touch beside
3-4 Step Left to side, R touch beside L
5-6 Step right to side, L touch beside R
7-8 Step Left to side, R touch beside L

S6. SIDE, BEHIND, SIDE, TOUCH, SIDE, BEHIND, SIDE, R KICK

1-2-3-4 Step right to side, step left behind right, step right to side, L touch
5-6-7-8 Step left to side, step right behind left, step left to left, kick R diagonal

S7. BACK ROCK, RECOVER, BIG STEP, HOLD (R L)

1-2-3-4 Step back on R, recover on L, big step R to side, hold (4)
5-6-7-7 Step back on L, recover on R, big step L to side, hold (8)

S8. STEP FWD, HOLD, PIVOT ½ HOLD, STEP FWD, HOLD, PIVOT ½ HOLD,

1-2-3-4 Step R fwd, hold, pivot ½ L, hold

5-6-7-8 Step R fwd, hold, pivot ½ L, hold

Part C. 16C (Repeat 4 times)

RIGHT & LEFT HEEL/TOES SWIVELS WITH FLICK (HEEL/TOES SHIFTS)

1-2 Both heels to right side, both toes to right

3-4 Both heels to right, flick on L

5-6 Both heel to left side, both toes to left

7-8 Both heels to left; flick on R

S2.VINE STEP,TOUCH,VINE STEP 1/4 TURN,TOUCH

1-4 Step RF to side, Step LF to back, Step RF to side, Touch LF next to RF

5-8 Step LF to side, Step RF to back, Step LF 1/4 turn L, Touch RF next to LF

TAG 16C

S1. JAZZ BOX (REPEAT)

1,2,3,4 Cross R over L, Step back on L, Step R to R Side, Step L next to R

5,6,7,8 Cross R over L, Step back on L, Step R to R Side, Step L next to R

Thank you for checking out my dance & Happy Dancing

adea814.aa@gmail.com
