

拍数: 96 墙数: 2 级数: Improver
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 音乐: APT. - ROSÉ & Bruno Mars



A 32c B 64c tag 16c

Sequence : A B A B A Tag B B A

Part A

S1. Rf weight×2, Lf weight×2(with bounce down & up)

1 2 3 4 Rf weight
 5 6 7 8 Lf weight (with bounce down & up)

S2. twist R L R L, jump, hold

1 2 3 4 twist R L R L
 5 jump (Open your feet and jump)
 6 7 8 hold (7 8 styling : Bouncing forward your pelvis)

S3. Rf fwd walk, Lf touch, Lf Back walk, Rf touch

1 2 3 4 fwd walk R L R, L touch
 5 6 7 8 back walk L R L, R touch

S4. twist R L R L, jump, hold

1 2 3 4 twist R L R L
 5 jump (Open your feet and jump)
 6 7 8 hold (7 8 styling : Bouncing forward your pelvis)

Part B

S1. Rf side step, Lf together, Rf side step, Lf touch, L back walk, Rf touch

1 2 3 4 Rf side Lf together Rf side Lf touch
 5 6 7 8 L back walk Lf, Rf, Lf, Rf touch

S2. Rf side step, Lf flick, Lf side step, Rf flick, Rf side step, heel bounce x2

1 2 3 4 Rf side Lf flick Lf side Rf flick
 5 6 Rf side step, hold
 7 8 heel bounce x 2

S3. Rf fwd, Lf hitch, Lf fwd, Rf hitch x 2 (diagonally), Rf fwd, Lf flick

1 2 3 4 Rf fwd Lf hitch Lf fwd Rf hitch (diagonally)
 5& 6& Rf fwd Lf hitch Lf fwd Rf hitch (diagonally)
 7 Rf fwd step
 8 Lf flick (9:00)

S4. Lf fwd, Rf fwd, Lf Back big step, rock&recover, Rf side step, hold

1 2 Lf fwd, Rf fwd (12:00)
 3 4 Lf Back big step (6:00)
 5 6 Rf rock&Lf recover
 7 Rf side step
 8 hold

S5. Vine step, Lf touch, rolling turn, Rf brush

1 2 3 4 Rf vine step, Lf touch
5 6 7 8 Lf rolling turn, Rf brush

S6. jazz box, vine step, Lf flick

1 2 3 4 Rf jazz box
5 6 7 8 Rf vine step, Lf flick

S7. K step

1 2 3 4 diagonally fwd Rf step, Lf touch, back Lf step, Rf touch
5 6 7 8 diagonally fwd Rf step, Lf touch, back Lf step, Rf touch

S8. side step, touch×2, rolling turn, Rf touch

1 2 (9:00) Lf side step, (12:00) Rf touch
3 4 (12:00) Rf side step, (9:00) Lf touch
5 6 7 Lf rolling turn
8 Rf touch (12:00)

Tag

S1. Walk×3, pivot turn

1 2 Rf fwd walk
3 4 Lf fwd walk
5 6 Rf fwd walk
7 8 Lf pivot turn

S2. Walk×2, pivot turn, jump×2

1 2 Lf fwd walk
3 4 Rf fwd walk
5 6 Lf pivot turn
7 8 (together foot) jump×2
