

APT (아파트)

COPPER KNOB
BY STEPHEN

拍数: 96 墙数: 4 级数: Phrased Improver
编舞者: Russibell Seoh (KOR) - November 2024
音乐: APT. - ROSÉ & Bruno Mars



Intro : 16 Counts

No Tag !

Part A : 32 Counts

Part B : 32 Counts

Part C : 32 Counts

Sequence : A B C A B C A B (16) B B C A A

PartA : 32 Counts

ASec1 : Turnning Your Body Slightly To R Then Tap R Heel To R Side Four Times With Hand Movements , Turnning Your Body Slightly To L Then Tap L Heel To L Side Four Times With Hand Movements

1234 Turnning Your Body Slightly To R Then Tap R Heel To R Side Four Times With Hand Movements & Place your weight on your right foot for the last 4 counts.

Styling : Raise your left hand over the back of your right hand and your right hand over the back of your left hand for two sets.

5678 Turnning Your Body Slightly To L Then Tap L Heel To L Side Four Times With Hand Movements & Place your weight on your left foot for the last 8 counts

Styling : Raise your left hand over the back of your right hand and your right hand over the back of your left hand for two sets.

ASec2 : R Side , Together , R Side , Touch L Beside R , 1/2 R Turn L Side & Hip Bump Twice , R Hip Bump Twice

1234 R Side , Together , R Side , Touch L Beside R

5678 1/2 R Turn L Side & Hip Bump Twice , R Hip Bump Twice (6:00)

ASec3 : Turnning Your Body Slightly To L Then Tap L Heel To L Side Four Times With Hand Movements , Turnning Your Body Slightly To R Then Tap R Heel To R Side Four Times With Hand Movements

1234 Turnning Your Body Slightly To L Then Tap L Heel To L Side Four Times With Hand Movements & Place your weight on your left foot for the last 8 counts

Styling : Raise your left hand over the back of your right hand and your right hand over the back of your left hand for two sets.

5678 Turnning Your Body Slightly To R Then Tap R Heel To R Side Four Times With Hand Movements & Place your weight on your right foot for the last 4 counts.

Styling : Raise your left hand over the back of your right hand and your right hand over the back of your left hand for two sets.

ASec4 : L Side , Together , L Side , Touch R Next To L , 1/4 L Turn R Side & Hip Sway R L , Half Clockwise Hip Roll For Two Counts

1234 L Side , Together , L Side , Touch R Next To L

56 1/4 L Turn R Side(3:00) & Hip Sway R L

78 Half Clockwise Hip Roll (Weight On L) For Two Counts

Part B : 32 Counts

BSec1 : R L Toe Switch , R Vine

12 Touch Ball of R Fwd , Close R Next To L

Styling : Tilt Your Head To The R

34 Touch Ball Of L Fwd , Close L Next To R

Styling : Tilt Your Head To The L

5678 R Side, Cross L Behind R , R Side , Touch L Next To R

Styling : Turn Your Head Clockwise For Four Counts

BSec2 : L R Toe Switch , 1/4 L Turn Vine , Touch R Next To L

12 Touch Ball Of L Fwd , Close L Next To R

Styling : Tilt Your Head To The L

34 Touch Ball of R Fwd , Close R Next To L

Styling : Tilt Your Head To The R

5678 L Slide , Cross R Behind L , 1/4 L Turn Step L Fwd (9:00) , Touch R Next To L

Styling : Turn Your Head Anti Clockwise For Four Counts

BSec3 : R Fwd , Touch L Next To R , Hold , R Hip Bump Twice , L Back , Touch R Next To L , Hold , L Hip Bump Twice

& 12 Step R Fwd , Touch L Next To R , Hold

Styling : R Hand on Hip, L Hand on Hip

34 R Hip Bump Twice

&56 L Back , Touch R Next To L , Hold

Styling : L Hand on Head , R Hand on Head

78 L Hip Bump Twice

BSec4 : 1/2 R Turn Jazzbox , R Side , Flick L Behind R , L Side , Flick R Behind L

12 Cross R Over L , 1/4 R Turn L Back

34 1/4 R Turn Step R Fwd , Step L Fwd (3:00)

56 R Side , Flick L Behind R (Option : Hit your left heel with your right hand.)

78 L Side , Flick R Behind L (Option : Hit your Right heel with your Left hand.)

Part C : 32 Counts

CSec1 : Slide R To R Side , Drag L In Towards R , Cross Rock L Behind R , Recover On R , Slide L To L Side , Drag R In Towards L , Cross Rock R Behind L , Recover On R

12 Slide R To R Side , Drag L In Towards R

34 Cross Rock L Behind R , Recover On R

56 Slide L To L Side , Drag R In Towards L

78 Cross Rock R Behind L , Recover On L

CSec2 : Fwd Walk R L , Step R Fwd , Pivot 1/2 L Turn , Rock R Fwd , Recover On L , Coaster

12 Fwd Walk R L

34 Step R Fwd , Pivot 1/2 L Turn (6:00)

56 Rock R Fwd , Recover On L

7&8 Step R Back , Close L next To R , Step R Fwd

CSec3 : Syncopated Weave , Pivot 1/4 L Turn Twice With Hip Roll

12 Cross L Over R , R Side

3&4 Cross L Behind R , R Side , Cross L Over R

56 Step R Fwd , Pivot 1/4 L Turn On L With Hip Roll

78 Step R Fwd , Pivot 1/4 R Turn On L With Hip Roll (12:00)

CSec4 : Cross R Over L , Point L To L Side , Cross L Over R , Point R To R Side , Hip Sway R L R L

12 Cross R Over L , Point L To L Side

34 Cross L Over R , Point R To R Side

5678 Hip Sway R L R L

Happy Dancing !!
