

拍数: 64                      墙数: 2                      级数: Phrased Improver  
 编舞者: Monica Choi (KOR), Rosa Lee (KOR) & Chloe Cha (KOR) - November 2024  
 音乐: APT. - ROSÉ & Bruno Mars



**\*Sequence : AAB – AAB – A T(16C)-BBB – AA**

**Part A**

**S1 : R Shuffle Dig, L Shuffle Dig, Rock & Recover.**

1-2-3                      Step RF fwd to R Dig, Step LF beside RF, Step RF fwd to R Dig.  
 4-5-6                      Step LF fwd to L Dig, Step RF beside LF, Step LF fwd to L Dig.  
 7-8                         Rock RF fwd, Recover on LF.

**S2 : Step Back x 4, 1/4 R Side, Heel Bounce.**

1-2-3-4                    Step Back on R-L-R-L.  
 5-6                         Turn 1/4 R Step RF to right side , Hold.(3:00)  
 &7&8                      R Heel up, R Heel down, R Heel up, R Heel down & weights on RF.

**S3 : Side, Back Rock, Recover, 1/4 R Side, Side.**

1-2-3                      Step LF to L side, Rock back on RF, Recover on LF.  
 4-5-6                      Step RF to R side, Rock back on LF, Recover on RF.  
 7-8                         Turn 1/4 R Step LF to L side, Step RF to R side.(6:00)

**S4 : Jazz Box, Chest Pumping.**

1-2                         Cross LF over RF, Step back on RF.  
 3-4                         Step LF to L side, Step RF fwd.  
 5-6                         Step LF beside RF, Hold.  
 7-8                         Pump Chest × 2

**Part B**

**S1 : Side, Hitch, In, In, Out, Out.**

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

**S2 : Knee Out-in-Out, Hold, Knee In-Out-In, Hold.**

1-2-3-4                    Both Knees(both toes)Out, Both Knees(both toes)In, Both Knees(both toes)Out, Hold.  
 5-6-7-8                    Both Knees(both toes)In, Both Knees (both toes)Out, Both Knees(both toes)In, Hold.

**S3 : Back Rock, Recover, 1/4 R Weave, 1/4R Side, Cross.**

1-2                         Rock back on RF, Recover on LF.  
 3-4                         Step RF to R side, Cross LF behind RF.  
 5-6                         Turn 1/4 R Step RF fwd, Step LF fwd.  
 7-8                         Turn 1/4 R Step RF to R side, Cross LF over RF.

**S4 : Jump Side R-L Heel Swivel R-L-R.**

1-2                         Jump RF to R side with Touching together LF , Hold.  
 3-4                         Jump LF to L side with Touching together RF , Hold.  
 5-6-7-8                    Swivel both heels R-L-R, Center Heels.

**\*Tag**

**S 1 : Side, 1/2 L Body Turn.**

1 Step RF to R side.  
2-3-4 Hold for 3 seconds.  
5 Turn 1/2 L Twist upper body weights on LF.  
6-7-8 Hold for 3 seconds.

**S 2 : Side, Side, Run R-L-R-L.**

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

**\* Contact :**

**partnerchoi@hanmail.net**  
**rosa50511@naver.com**  
**chacjsoo@naver.com**

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