

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.

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