

Simple APT

拍数: 48 墙数: 1 级数: Beginner
编舞者: V. Allen L. Isidro (USA) - January 2025
音乐: APT - Rose & Bruno Mars



Sequence: AA BB AA BB AA BBBB AAAA

(1 or 4-walls*,)

Note: Dedicated to the Children & Teachers of St. Carmen Salles School in BFHQC

Part A: 16c

Set 1 Hand palms alternate crossing above & below (with optional "Elvis knees")

1-2-3-4 R & L palms crossing right to left & left to right alternating on 1-2, double on 3-4

5-6-7-8 R & L palms crossing right to left & left to right alternating on 5-6, double on 7-8

Set 2 Vine R touch L, side, together, hold but nod 2x*

1-2-3-4 Side R-behind L-side R-touch L

5-6-7-8 Side L – together R-nod-nod

Part B: 32c

Set 3 K Step

1-2-3-4 Diagonal forward R – diagonal touch L – diagonal back L – diagonal touch R

5-6-7-8 Diagonal back R – diagonal touch L – diagonal forward L – diagonal touch R

Set 4 Swivel (or vine with flicks on 4 & 8)

1-2-3-4 Swivel both feet on ball R-L-R, flick L behind R

5-6-7-8 Swivel both feet on ball L-R-L, flick R behind L

Set 5 Side, touch, side, touch, vine R & touch (or side, together, side, touch)

1-2-3-4 Side R – touch L – side L – touch R

5-6-7-8 Side R – behind L – side R – touch L

Set 6 Side, touch, side, touch, vine R & touch (or side, together, side, touch)

1-2-3-4 Side L – touch R – side R – touch L

5-6-7-8 Side L – behind R – side L – touch R

START ALL OVER

*For 4-wall option:

Part A set 2 Vine R touch L, ¼ side, together, nod 2x

1-2-3-4 Side R-behind L-side R-touch L

5-6-7-8 ¼ turning L – together R-nod-nod (9:00)

START ALL OVER ON NEW WALL

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