拍数： 0 壇数： 1 级数：Intermediate

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音乐：Un monde parfait－Ilona

Sequence：A1，A2，A1，B，C，A1，B，C，A1，A2，A1，C
PART A1
FINGER CLICKS，HOLD；CLAPS，HOLD
1－8 Finger clicks x 3；hold；claps x 3；hold
9－32 Three sets of 1－8
PART A2
SHOULDER SHRUGS；HIPS ROTATES
1－8 Shoulders shrug from right to left x 4
9－16 Hips rotate from right to left $x 4$
PART B
RIGHT，RAISE PUNCHES INTO THE AIR
1－8
Raise alternate hands punching upwards into the air starting with right，left

## SIDE STEP AND TOUCH／CLAP TWICE

1－2 Step right to right，left touch right instep with a clap，
3－4 Step left to left，right touch left instep with a clap
5－6 Repeat 1－2
7－8 Repeat 3－4
SIDE EXTENDED VINE，CROSS，HOLD，BACK ROCK
1－8 Step right to right，left cross behind，step right to right，left cross in front of right，step right to right，hold，rock left back and replace right
9－16 Mirror to the left

## ELECTRIC SLIDE STEPS

1－8 Vine to the right，clap，vine to the left，clap

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NORTHERN KICKS－RIGHT WALK FORWARD，KICK／SHOUT；WALK BACKWARD；REPEAT THE ABOVE WITH LEFT WALK FORWARD
1－4 Walk northwards－right，left，right，left kick forward，throw hands into the air and shout！
5－8 Walk backwards－left，right，left，right
9－12 Repeat 1－4 starting with left，
13－16 Repeat 5－8 starting with right
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## RAISE PUNCHES INTO THE AIR

Raise alternate hands punching upwards into the air starting with right，left
PART C
CROSS，BLOCK，STRIKE，PUNCHES（ROUND THE WORLD）

1
2
\＆
3
4

Standing legs apart with a $1 / 4$ squat position，cross both hands downwards in front of you
Open both hands outwards，elbows inwards，with fist clenching－（v shape）
Bring elbows up and fingers pointing at each other
Strike in a forward and outward position
Bring both hands back to the side of the body with fist clenching

To add in some fun: execute the $4 \times 8$ counts "round the world" ending with facing the front again-every 8 counts-change wall - $1 / 4$ turn right-after the last wall, make a $1 / 4$ turn right to face the front again

