

No Other

拍数: 160 墙数: 4 级数: Phrased Improver
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音乐: No Other - SUPER JUNIOR



Intro: 32 counts

Sequence: C , C , A , A , B , C , C , D , A , A , B , C , C , E , E , B , C , C , D , Ending

Part A (32 counts)

Rumba Box Up , Touch , Rumba Box Down , Touch

1-2 Step R foot to R side , step L foot beside R foot
3-4 Step R foot forward , touch L toes beside R foot
5-6 Step L foot to L side , step R foot beside L foot
7-8 Step L foot back , touch R toes beside L foot

¼ Turn , Forward Lock Step , Hold , ½ Turn , Forward Lock Step , Hold

1-2 Turn ¼ R stepping R foot forward , lock L foot behind R foot
3-4 Step R foot forward , hold
5-6 Turn ½ L stepping L foot forward , lock R foot behind L foot
7-8 Step L foot forward , hold

Grapevine , Touch , Grapevine , Touch

1-2 Step R foot to R side , cross L foot behind R foot
3-4 Step R foot to R side , touch L toes beside R foot
5-6 Step L foot to L side , cross R foot behind L foot
7-8 Step L foot to L side , touch R toes beside L foot

Cross Rock Side , Hold , Cross Rock ¼ Turn , Hold

1-2 Cross rock R foot over L foot , recover weight on L foot
3-4 Step R foot to R side , hold
5-6 Cross rock L foot over R foot , recover weight on R foot
7-8 Turn ¼ L stepping L foot forward , hold

Part B (32 counts)

Vine , Touch , Side Touch With Body Roll

1-2 Step R foot to R side , cross L foot behind R foot
3-4 Step R foot to R side , touch L toes beside R foot
5-6 Step L foot to L side , touch R toes beside L foot (roll body to L side)
7-8 Step R foot to R side , touch L toes beside R foot (roll body to R side)

Vine , Touch , Side Touch With Body Roll

1-2 Step L foot to L side , cross R foot behind L foot
3-4 Step L foot to L side , touch R toes beside L foot
5-6 Step R foot to R side , touch L toes beside R foot (roll body to R side)
7-8 Step L foot to L side , touch R toes beside L foot (roll body to L side)

Syncopated Forward And Back Mambo , Hitch , Hold

1-3 Rock R foot forward , recover weight on L foot , step R foot beside L foot
4-6 Rock L foot back , recover weight on R foot , step L foot beside R foot
7-8 Hitch R knee up , hold

Hip Bump , Hold , Hip Bump , Hold

1-4 Step R foot forward as bumping hips forward , back , forward , hold

5-6 Step L foot forward as bumping hips forward , back , forward , hold

Part C (32 counts)

Weave , Scissors Cross , Hold

1-4 Step R foot to R side , cross L foot behind R foot , step R foot to R side , cross L foot over R foot

5-8 Rock R foot to R side , recover weight on L foot , cross R foot over L foot , hold

Weave , Side Rock , Recover , ¼ Turn , Hold

1-4 Step L foot to L side , cross R foot behind L foot , step L foot to L side , cross R foot over L foot

5-8 Rock L foot to L side , recover weight on R foot while turning ¼ R , step L foot forward , hold

Sugarfoot , Hold , Sugarfoot , Hold

1-4 Touch R toes beside L foot , dig R heel beside L foot , cross R foot over L foot , hold

5-8 Touch L toes beside R foot , dig L heel beside R foot , cross L foot over R foot , hold

Mambo Side , Hold , Mambo Side , Hold

1-4 Rock R foot to R side , recover weight on L foot , step R foot beside L foot , hold

5-8 Rock L foot to L side , recover weight on R foot , step L foot beside R foot , hold

Part D (32 counts)

Side , Hold , Touch , Hold , Side , Hold , Touch , Hold

1-4 Step R foot to R side , hold , touch L toes beside R foot , hold

5-8 Step L foot to L side , hold , touch R toes beside L foot , hold

¼ Turn , Side , Hold , Touch , Hold , Side , Hold , Touch , Hold

1-4 Turn ¼ R stepping R foot to R side , hold , touch L toes beside R foot , hold

5-8 Step L foot to L side , hold , touch R toes beside L foot , hold

¼ Turn , Side , Hold , Touch , Hold , Side , Hold , Touch , Hold

1-4 Turn ¼ R stepping R foot to R side , hold , touch L toes beside R foot , hold

5-8 Step L foot to L side , hold , touch R toes beside L foot , hold

¼ Turn , Side , Hold , Touch , Hold , Side , Hold , Touch , Hold

1-4 Turn ¼ R stepping R foot to R side , hold , touch L toes beside R foot , hold

5-8 Step L foot to L side , hold , touch R toes beside L foot , hold

Part E (32 counts)

Kick Cross Side Rock , Kick Cross Side Rock

1-4 Kick R foot to R diagonal , cross R foot over L foot , rock L foot to L side , recover weight on R foot

5-8 Kick L foot to L diagonal , cross L foot over R foot , rock R foot to R side , recover weight on L foot

Forward Mambo , Hold , Back Mambo , Hold

1-4 Rock R foot forward , recover weight on L foot , step R foot beside L foot , hold

5-8 Rock L foot back , recover weight on R foot , step L foot beside R foot , hold

Forward Lock Step , Hold , Pivot ½ Turn , Hold

1-4 Step R foot forward , lock L foot behind R foot , step R foot forward , hold

5-8 Step L foot forward , turn ½ R , step L foot forward , hold

Forward Lock Step , Hold , Pivot ¼ Turn , Hold

1-4 Step R foot forward , lock L foot behind R foot , step R foot forward , hold

5-8 Step L foot forward , turn ¼ R , step L foot beside R foot , hold

Ending

You will be exactly facing the front wall (12.00 o'clock) , in order to end up the music , just strike a pose that you like .
