

So So Cool

拍数: 32 墙数: 4 级数: Easy Intermediate
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音乐: So Cool - SISTAR



Intro start : 32 counts

INTRODUCTION : 32 COUNTS

1 – 4 SHOULDER POP : Pop shoulder to R, L, R, L with feet apart
5 – 8 1/4 R, ROBOTIC MOVE : Weight on L, bring R foot next to L with 1/4 R, (3) pop R knee, pop L knee, pop R knee , pop L knee

(Bend body forward , move hands side by side in opposite direction of knee)

1 – 4 1/4 R SHOULDER POP : Step down on L, push R 1/4 R pop shoulder R, L, R, L (6)
5 – 8 1/4 R, ROBOTIC MOVE : Weight on L, bring R foot next to L with 1/4 R, (9) pop R knee, pop L knee, pop R knee . Pop L knee

(Bend body forward , move hands side by side in opposite direction of knee)

1 & 2, KICK BALL POINT : Kick L forward, step down on ball of L, point R to R
3 – 4 1/2 MONTEREY R TOUCH : Step R next to L by turning 1/2 R , point L to L (3)
5 & 6 KICK BALL POINT : Kick L ball forward, step down on ball of L, point R to R
7 – 8 3/4 UNWIND TURN R : Cross R behind L, 3/4 R unwind turn (12)

1 – 8 PENDULUM HIPS : Swing hip to R,L,R,L,R,L,R,L (feet apart , cross arms upright)

SECTION 1 : JAZZ BOX, KICK & TOUCH

1 – 4 Cross R over L , step back on L, step R to R, step forward on L
5 & 6 Kick R forward recover , touch L to L side (moving forward)
7 & 8 Kick L forward recover , touch R to R side (moving forward)

SECTION 2 : HEEL SWITCH 1/4 , 1/4 L, FLICK R, WALK FORWARD

1 & 2 & R heel forward 1/8 L , recover R, L heel forward 1/8 L , recover L
3 & 4 R heel forward 1/8 L , recover R, L heel forward 1/8 L, (9)
5 - 6 Recover on L by flicking R backward on count 5, step forward on R
7 - 8 Walk forward L, R

SECTION 3 : OUT OUT IN IN, KICK STEP STEP HOLD STEP

1 - 2 Step L out, step R out
3 - 4 Step L in, step R in
5 & 6 Kick L forward, step L to L, step R to R
7 & 8 Hold, step L next to R, step R to R

SECTION 4 : "ELVIS' KNEES" , ROCK RECOVER 1/4 L, PIVOT 1/4 L

1 - 2 Move R Knee inward , move R knee outward (slightly bend R knee)
& 3 & 4 Shake R leg to L, R, L ,R (step down on count 4)
5 & 6 Step L behind R, recover. step forward 1/4 L (6)
7 - 8 Step R forward pivot 1/4 L (3)

*** Happy dancing !!! ***

This dance is specially dedicated to " I We Dancers"

