

Gangnam Style

拍数: 36 墙数: 4 级数: Improver
编舞者: M. Vasquez (UK) - October 2012
音乐: Gangnam Style - PSY



Tags and Restarts: Wall 3, complete sections 1 – 5 then;

1-2 R hip bump, L hip bump
3&4 R hip bump, L hip bump, R hip bump
5-6 L hip bump, R hip bump
7&8 L hip bump, R hip bump, L hip bump

Restart dance.

Section 1: Rock, Recover, Behind-Side-Cross, Rock, Recover, Behind-Side-Front

1-2 Rock onto R foot to R side, recover back onto L foot
3&4 Step R foot behind L, step L foot to L side, cross R foot in front of L
5-6 Rock onto L foot to L side, recover back on R foot
7&8 Step L foot behind R, step R foot to R side, step L foot forward

Section 2: Rock, Recover, Coaster Step, Rock, Recover, Coaster Step

1-2 Rock forward on R foot, recover back on L
3&4 Step back on R foot, step L foot next to R, step forward on R foot
5-6 Rock forward on L foot, recover back on R
7&8 Step back on L foot, step R foot next to L, step forward on L foot

Section 3: Rock, Recover, ½ Turn Shuffle, Rock, Recover, ½ Turn Shuffle

1-2 Rock forward on R foot, recover back on L
3&4 Turn ½ R, shuffling R foot forward, step L foot next to R, step R foot forward
5-6 Rock forward on L foot, recover back on R
7&8 Turn ½ turn L, shuffling L foot forward, step R foot next to L, step L foot forward

Section 4: Step, Pivot ½ Turn, Step, Pivot ½ Turn, Cross, Side, R Sailor Step

1-4 Step R foot forward, pivot ½ turn L, step R foot forward, pivot ½ turn L
5-6 Cross R foot over L, step L foot to L side,
7&8 Step R foot behind L, step L foot to L side stepping onto the ball of the L foot, recover back onto R foot

Section 5: Cross, Side, ¼ Turn L, Coaster Step

1-2 Cross L foot over R, step R foot to R side
3&4 Turn ¼ L, step L foot back, step R foot next L, step L foot forward

Start Again

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