

Gangnam Style

拍数: 0 墙数: 1 级数: Intermediate
编舞者: Kay Jeong (KOR) & PSY (KOR) - August 2012
音乐: Gangnam Style - PSY



Intro : 16 Count - Sequence: Starting, A,B,C,D,E,A,B,C,D,E,Tag,D',Ending

Starting : 2 x 8

S1

1& RF to side point with slightly up, LF point to RF
2& RF to side point with slightly up, LF point to RF
3& RF to side point with slightly up, LF point to RF
4& RF to side point with slightly up, LF point to RF
5 6 7 8 RF draw a half circle right side

S2

1& RF to side point with slightly up, LF point to RF
2& RF to side point with slightly up, LF point to RF
3& RF to side point with slightly up, LF point to RF
4& RF to side point with slightly up, LF point to RF
5 6 7 8 RF draw a half circle right side

A : 32 count : 4 x 8

A1

1 2 RF side step, LF Point (R hand up)
3 4 LF side step, RF Point (L hand in front of chest)
5 6 7 8 RF Point with full left turn (keep R hand up, L hand in front of chest)

A2

1 2 RF side step, LF Point (R hand put on head)
3 4 LF side step, RF Step (L hand put on head)
5 6 7 8 Body Movement (moving Both hand from top to down)

A3

1 2 RF side step, LF Point (R hand up)
3 4 LF side step, RF Point (L hand in front of chest)
5 6 7 8 RF Point with full left turn (keep R hand up, L hand in front of chest)

A4

1 2 RF side step, LF Point (R hand put on head)
3 4 LF side step, RF Step (L hand put on head)
5 6 7 8 Body Movement (moving Both hand from top to down)

B : 32 count : 4 x 8

B1

1 2 3 4 Jump bwd, weighted R, L, R, L
5 6 7 8 RF Cross LF, LF side point, LF Cross RF, RF side Point

B2

1 2 3 4 Jump bwd, weighted R, L, R, L
5 6 7 8 RF Cross LF, LF side point, LF Cross RF, RF side Point

B3

1 2 3 4 Jump bwd, weighted R, L, R, L
5 6 7 8 RF Cross LF, LF side point, LF Cross RF, RF side Point

B4

1 2 3 4 Jump bwd, weighted R, L, R, L
5 6 7 8 RF Cross LF, LF side point, LF Cross RF, RF side Point

C : 48 count : 6 x 8

C1

1 2 3 4 Shimmy – RF fwd, LF fwd, RF bwd, LF Bwd
5 6 RF side step, LF Point (LF down),
7 8 LF side Step, RF Close LF step (clapping)

C2

1 2 Both F jump to R (03:00) (R hand point out)
3 4 Both F jump to L (12:00) (Both hand up)
5 6 Both F jump to L (09:00) (R hand point out)
7 8 Both F jump to R (12:00) (Both hand up)

C3

1 2 3 4 Shimmy – RF fwd, LF fwd, RF bwd, LF Bwd
5 6 RF side step, LF Point (LF down),
7 8 LF side Step, RF Close LF step (clapping)

C4

1 2 Both F jump to R (03:00) (R hand point out)
3 4 Both F jump to L (12:00) (Both hand up)
5 6 Both F jump to L (09:00) (R hand point out)
7 8 Both F jump to R (12:00) (Both hand up)

C5

1 2 RF Step, LF Step, (R hand point out, L hand point out)
3 4 RF Step, LF Step, (R hand point up, L hand point up)
5 6 RF Step, LF Step, (R hand put on back of head, L hand put on back of head)
7 8 RF Step, LF Step, (R hand point to LF, L hand point to RF in front)

C6

1&2&3&4& RF Step, LF Step, RF Step, LF Step, RF Step, LF Step, RF Step, LF Step (Both hand open from down to up as circle)
5 6 7 8 Both F jump up, step, hold 2 count

D : 32 count : 4 x 8

D1

1 2 3 4 RF Step, LF Step, RF Step, RF Step (R hand put on L hand in front)
5 6 7 8 LF Step, RF Step, LF Step, LF Step (R hand put on L hand in front)

D2

1 2 3 4 RF Step, LF Step, RF Step, RF Step (R hand up keep moving)
5 6 7 8 LF Step, RF Step, LF Step, LF Step (R hand up keep moving)

D3

1 2 3 4 RF Step, LF Step, RF Step, RF Step (R hand put on L hand in front)
5 6 7 8 LF Step, RF Step, LF Step, LF Step (R hand put on L hand in front)

D4

1 2 3 4 RF Step, LF Step, RF Step, RF Step (R hand up keep moving)

5 6 7 8 LF Step, no foot movement (R hand up keep moving)

E : 32 count : 4 x 8

E1

1& RF to side point with slightly up, LF point to RF
2& RF to side point with slightly up, LF point to RF
3& RF to side point with slightly up, LF point to RF
4& RF to side point with slightly up, LF point to RF
5 6 7 8 RF draw a half circle right side

E2

1 2 3 4 RF Step, LF Step, RF Step, RF Step (R hand put on L hand in front)
5 6 7 8 LF Step, RF Step, LF Step, LF Step (R hand put on L hand in front)

E3

1 2 3 4 LF to Side (body down) (Both hand on L knee), body move with up and down
5 6 7 8 R knee open to draw 2 circles from R

E4

1 2 3 4 R knee open, close, open, close
5&6 7&8 Body up no foot move (R hand on R side, L hand on L side moving as close open close) (R hand on R side, L hand in front, moving as close open close)

Tag : 32 count : 4 x 8

#1

1 2 3 4 Body Isolation to R side
5 6 7 8 Body Isolation to L side

#2

1&2&3&4 Swivel RF, LF, RF, LF, RF, LF, RF, LF
5 6 7 8 RF Hip Bump

#3

1 2 3 4 Body Isolation to R side
5 6 7 8 Body Isolation to L side

#4

1&2&3&4 Swivel RF, LF, RF, LF, RF, LF, RF, LF
5 6 7 8 RF Hip Bump

D' : 32 count : 4 x 8

D'1

1 2 3 4 RF Step, LF Step, RF Step, RF Step (R hand put on L hand in front)
5 6 7 8 LF Step, RF Step, LF Step, LF Step (R hand put on L hand in front)

D'2

1 2 3 4 RF Step, LF Step, RF Step, RF Step (R hand up keep moving)
5 6 7 8 LF Step, no foot movement (R hand up keep moving)

D'3

1 2 3 4 LF to Side (body down) (Both hand on L knee), body move with up and down
5 6 7 8 R knee open to draw 2 circles from R

D'4

1 2 3 4 R knee open, close, open, close

5&6 7&8 Body up no foot move (R hand on R side, L hand on L side moving as close open close) (R hand on R side, L hand in front, moving as close open close)

Ending : 8 count : 1 x 8

\$1

1 2 Hold
3 4 RF Point to L (slightly up), R hand point to L
5 6 RF Point to R, R hand point to R (Body to L side)
7 8 No foot movement, R hand up on the face

**Note : There is a lot of moving hand action in this line dance.
Please refer to the demo for cross reference.**

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