

Mister

拍数: 128 墙数: 1 级数: High Beginner K-Pop
编舞者: Mayee Lee (MY) - September 2013
音乐: Mr. - KARA : (CD: 3:13)



Intro: Start after 16 counts - Sequence of dance : ABC ABC BBC

Part A (64 counts)

Sec 1 : Diagonal R, Touch L, Diagonal R, Push Hip, Walk Forward R L R To Diagonal L , Push Hip

1 – 4 Step R to diagonal R(1), touch L beside R(2), step L to diagonal R(3)(1.30), step R beside L
push hip to diagonal L(4) (10.30)
5 – 8 Step forward R L R to diagonal L(5-7), step L beside R push hip to diagonal R(8) (1.30)

Sec 2 : R Back, Hold, L Together, Hold (x 2)

1 – 4 Step R Back with shimmy(1), hold(2), step L together with R(3), hold(4) (1.30)
5 – 8 Step R Back with shimmy(5), hold(6), step L together with R(7), hold(8) (1.30)

Sec 3 : R To Diagonal R, Touch L Forward, L Back, Touch R Back, Pivot ½ Turn L Twice

1 – 4 Step R to diagonal R(1), touch L forward(2), step L back(3), touch R back(4) (1.30)
5 – 8 Step R forward(5), pivot ½ turn L step L forward(6), (x2)(7-8) (1.30)

Sec 4 : Side, Recover, Side, Recover, Side & Hitch L, Side, Recover, Side, Recover, Side & Hitch

1 2 3&4 1/8 turn L step R to R(1), recover on L(2), step on R(3), recover on L(&), step on R & hitch
L(4) (12.00)
5 6 7&8 Step L to L(5), recover on R(6), step on L(7), recover on R(&), step on L & hitch R(8) (12.00)

Sec 5 : R Forward, Touch L, L Forward, Touch R (x 2)

1 – 4 Step R forward(1), touch L to L(2), step L forward(3), touch R to R(4)
5 – 8 Repeat 1 – 4 (12.00)

Sec 6 : R Back, Touch L, L Back, Touch R, Pop Knee To R L, R Out, L Out

1 – 4 Step R back(1), touch L to L(2), step L back(3), touch R to R(4)
5 – 8 Step R back to Diagonal R & pop L Knee(5), step L back to diagonal L & pop R knee(6), step
R out(7), Step L out(8) (12.00)

Sec 7 : Walk Full Turn L, Side

1 – 4 Walk ½ circle L from R L R L(1-4) (6.00)
5 – 8 Walk ½ circle L from R L R(5 – 7), step L to L(8) (12.00)

Sec 8 : Kick Ball Touch, Hold, ¼ Turn L, Sit R L, Push Hip Up Twice

1&2 3 4 Kick R forward(1), step R down(&), touch L to L(2), hold(3), ¼ turn L knee roll L & step on
L(4) (9.00)
5 – 8 ¼ turn R sit on R(5), sit on L(6), push hip up to diagonal R twice(7-8) (12.00)

Part B (32 counts)

Sec 1 : Diagonal, Touch, Back Diagonal, Touch, R Out, L Out, R In, L In

1 – 4 Step R to diagonal R(1), touch L beside R(2), step R back(3), touch L beside R(4) (1.30)
5 – 8 Step R out(5), step L out(6), step R back(7), step L back(8) (12.00)

Sec 2 : Step On Spot R L, Kick Ball Touch, Drag In L 2 Counts, Step On Spot R L

1 2 3&4 Step on spot R L(1-2), kick R forward(3), step R down(&), touch L to l(4)
5 – 8 Drag L beside R(5), step L down(6), step on spot R L(7-8) (12.00)

Sec 3 : R Out, L Out, R In, L In (x 2)

1 – 4 Step R out(1), step L out(2), step R back(3), step L back(4)
5 – 8 Repeat 1 – 4 (12.00)

Sec 4 : Jump Both Feet, Walk Forward R L, R Side, Sit L, Hold 3 Counts

1 – 4 Jump both feet together(1), walk forward R L(2-3), step R to R(4)
5 – 8 Sit on L(5), hold(6-8) (12.00)

Part C (32 counts)

Sec 1 : Swing Hip R L R L, ¼ Turn R Swing Hip R L R L

1 – 4 Swing hip follow clockwise twice(1-4) (12.00)
5 – 8 ¼ turn R swing hip follow clockwise twice(5-8) (3.00)

Sec 2 : ¼ Turn L Swing Hip R L R L, Walk Forward R L, ¼ Turn R, 1/8 Turn R

1 – 4 ¼ turn L swing hip follow clockwise twice(1-4) (12.00)
5 – 8 Walk forward R L(5-6), ¼ turn R step R forward(7)(3.00), 1/8 turn R step L to L(8) (4.30)

Sec 3 : Swing Hip R L R L R, Sir R, Push Hip Up Twice

1 – 4 Swing hip follow clockwise twice(1-4) (4.30)
5 – 8 Swing hip to R(5), sit on R(6), push hip up to L twice(7-8) (4.30)

Sec 4 : L Side Rock, Recover, L Forward, Pivot ½ Turn R, Swing Hip To L R L, Touch R

1 – 4 Rock L to L(1), 1/8 turn R recover on R(6)(6.00), step L forward(3), pivot ½ turn R step R forward(4) (12.00)
5 – 8 Swing hip to L R follow anti-clock(5-6), swing hip to L(7), touch R beside L(8) (12.00)

**Please refer the hand styling through our demo on Youtube site : www.youtube.com/user/mayeeleeyy
Or add on your own hand styling !!!!**

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