

Special So Cool

拍数: 64 墙数: 2 级数: High Improver
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音乐: So Cool - SISTAR



Intro start : 32 count

INTRODUCTION : 32 COUNT

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 turn (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 1/2 TURN 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 1/2 L (12)

SECTION 5 : WALK FORWARD, R, L, R, POINT, HIP ROLL TWICE

1 – 2 Step forward on right, step forward on left
3 – 4 Step forward on right, point left to left

5 – 6 With weight on right and left toe still pointed Roll hips up, roll hips down
7 – 8 Repeat count 5 - 6

SECTION 6 : WALK BACK L, R, L, POINT, HIP ROLL TWICE

1 – 2 Step back on left, step back on right
3 – 4 Step back on left, point right to right
5 – 6 With weight on left and right toe still pointed Roll hips up, roll hips down
7 – 8 Repeat count 5 - 6

SECTION 7 : WEAVE TO L, PIVOT 1/4 L, CROSS, HOLD

1 – 2 Cross right over left, step left to left
3 – 4 Step right behind left, ¼ turn left step forward on left (6)
5 – 6 Step forward on right, pivot ¼ turn left (9)
7 – 8 Cross right over left, hold for 1 count

SECTION 8 : SIDE, TOGETHER, FORWARD, HOLD, SIDE, TOGETHER, WALK R, L

1 – 2 Step left to left, step right beside left
3 – 4 Step forward on left, hold for 1 count
5 – 6 Step right to right, step left beside right
7 – 8 Step forward on right, step forward on left

ENDING

***** Happy Dancing ! *****

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