

My My - Kpop

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Seok Wai (SG) - January 2015
音樂: My My - Apink



Intro- 32 counts on heavy beat (start dance on main vocals) (Note: see video demo for styling)

*Special thanks to my teacher ,John Ng for guiding me in choreographing this dance

S1: WALK R-L-R-L, HIP SWAY R-L-R-L

(Styling:Place both fists under your chin- act cute and have fun)

1-2 Step R forward, step L forward
3-4 Step R forward, step L forward
5-8 Sway to R side, sway to L side, Sway to R side, sway to L side

S2: BACK R-L-R-L, HIP SWAY R-L-R-L

(Styling:Place both fists under your chin- act cute and have fun)

1-2 Step R back, step L back
3-4 Step R back, step L back
5-8 Sway to R side, sway to L side, Sway to R side, sway to L side

S3: R SIDE CHA CHA, BACK ROCK, L SIDE CHA CHA, BACK ROCK

(Styling :1 n 2 : Swing both arms (anti-clockwise),3-4 Throw both arms to R side ,

5 & 6 Swing both arms (clockwise),7-8 : Throw both arms to L side)
1&2 Step R to R side, step L beside R, step R to R side
3-4 Rock L behind R, recover on R
5&6 Step L to L side, step R beside L, step L to L side
7-8 Rock R behind L, recover on L

S4: R TOE STRUT, L TOE STRUT, MONTERY ½ R

(Styling : 1234 Snap your fingers)

1-2 Touch R forward, step R down
3-4 Touch L forward, step L down
5-6 Point R to R side, ½ turn R step R beside L
7-8 Point L to L side, step L beside R

S5: R SIDE ,L BEHIND, ¼ R CHA CHA,L FORWARD , PIVOT ½ L, ¼ L CHA CHA

(Styling : 56 7 & 8 : Both arms up form a 'V' shape)

1-2 Step R to R side, step L behind R
3&4 ¼ turn R step R forward, step L behind R, step R forward
5-6 Step L forward, pivot ½ L
7&8 ¼ turn L step L to L side, step R beside L, step L to L side

S6: TOUCH R FORWARD, HIP ROLLS, TOUCH L FORWARD, HIP ROLLS,

(Styling :1234: Cross arms - Up , 5678 : Cross arms – Down)

1-4 Touch R forward and roll hips 4 times
5-8 Touch L forward and roll hips 4 times

S7: JUMP TO R, BUMP HIPS, JUMP TO L, BUMP HIPS

(Styling : 1-4 : L hand on hip ,R fist draw small circle (anti- clockwise),

5-8 R hand on hip, L fist draw small circle (clockwise)
1-4 Jump to R and bump hips to R 4 times
5-8 Jump to L and bump hips to L 4 times

S8: KICKS R-L-R-L, HIP SWAY R-L-R-L

(Styling : 5-8 : Cross arms – use hands back rubbing face)

1&2& Kick R forward, step R beside L, kick L forward, step L beside R

3&4& Kick R forward, step R beside L, kick L forward, step L beside R

5-8 Sway to R side, sway to L side, Sway to R side, sway to L side

Restarts :-

On wall 4, Restart dance after 32 counts.

****On wall 5, Restart dance after 40 counts.***

*****On wall 6, Restart dance after 56 counts.***

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