

Ah Yeah

COPPER KNOB
BYEPOSTETS

拍數: 48 牆數: 4 級數: Phrased Improver
編舞者: Stella Kim (KOR) - August 2015
音樂: Ah Yeah - EXID



Intro: 16 counts - Sequence: intro-A-B-B -A-B-A -B-B-A -B-B-TAG -A-B -A-A

PART A(16COUNTS)

S A1: (KNEES ROLL FROM IN TO OUT) X 4

1-4 Both Knee Roll from inside to outside X 2

5-8 Repeat upper steps

Option: If you want to get a more rhythmical movement, move your weight to right on 1-4 counts and move to left on 5-8 counts(In this time, you have to stay body direction to center)

Hand movement: While you are dancing section 1, your hands in your pockets or put your hands on the belt line

S A2: CROSS, TOUCH, CROSS, TOUCH, TOUCH, TOUCH, BACK ROCK, RECOVER

1-4 RF cross over LF, LF side touch, LF cross over RF, RF side touch

5-8 RF forward touch, RF side touch, RF back rock, LF recover

PART B(32COUNTS)

S B1: TOE STRUT, TOE STRUT, JAZZ BOX 1/4 TURN R, CROSS, SIDE

1-4 RF forward toe touch, heel down, LF forward toe touch, heel down

5-6& RF cross over LF, 1/4 turn to R with LF back, RF side

7-8 LF cross over RF, RF side(3:00)

S B2: BACKWARD WITH DRAG, BALL CHANGE, FORWARD, FORWARD, CROSS ROCK, RECOVER, SIDE, CROSS ROCK, RECOVER

1-2& LF backward long step, RF drag with heel, RF closed LF with ball

3-4 LF forward, RF forward

5-6& LF cross rock, RF recover, LF side

7-8 RF cross rock, LF recover(3:00)

S B3: HEEL TWIST X6, 1/2 TURN TO R WITH SIDE, SIDE

1&2& RF side with both heel to R, both heel to L, both heel to R, both heel to L
(1& : heel up, 2& : heel down)

3&4& Repeat upper steps

5&6 Both heel to R, both heel to L, both heel to R (5&: heel up, 6: heel down)

&7-8 1/2 turn to R with weight on LF, RF side, LF side(9:00)

S B4: (HOLD, SIDE AND HITCH, STEP) X2, FORWARD TOUCH, SIDE TOUCH, BACK TOUCH, 1/2 UNWIND TURN TO L

1&2 Hold(both knee down), LF slightly side to R(L knee straight) and RF hitch, RF step

3&4 Repeat upper steps

5-6 LF forward touch, LF side touch

7-8 LF back touch, 1/2 unwind turn to L(weight on L)(3:00)

TAG(4 COUNT)

1-4 RF side with hip circling in a clockwise(On count 4, weight on LF)

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