

Jebi Basic

拍數: 259 牆數: 1 級數: Beginner
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音樂: Swallow (제비) - Kim Gun Mo (김건모)



Intro: 48 (16+32)

[INTRO]: After 16 counts, for 32 counts

SECTION R1: STEP SIDE, HIP BUMP

1-2 Step right side and bump right hip side, bump left hip side.
3&4 Bump right hip side, bump left hip side, bump right hip side.
5-6 Bump left hip side, bump right hip side.
7&8 Bump left hip side, bump right hip side, bump left hip side.

SECTION R2: HIP BUMP

1-2 Bump right hip side, bump left hip side.
3&4 Bump right hip side, bump left hip side, bump right hip side.
5-6 Bump left hip side, bump right hip side.
7&8 Bump left hip side, bump right hip side, bump left hip side.

SECTION R3: REPEAT SECTION R2

SECTION R4: HIP BUMP, TOUCH TOE TOGETHER

1-2 Bump hip right, bump hip left.
3&4 Bump hip right, bump hip left, bump hip right.
5-6 Bump hip left, bump hip right.
7&8 Bump hip left, bump hip right, touch right toe together.

[WORK]: Start on Vocal at 30 seconds

SECTION 1: STEP SIDE, STEP TOGETHER, TOUCH TOE TOGETHER (CLAP)

1-2 Step right side, step left together.
3-4 Step right side, touch left toe together (Clap).
5-6 Step left side, step right together.
7-8 Step left side, touch right toe together (Clap).

SECTION 2: REPEAT SECTION 1

SECTION 3: STEP DIAGONAL FORWARD, TOUCH TOE TOGETHER (CLAP)

1-2 Step right diagonally forward, touch left toe together (Clap).
3-4 Step left diagonally forward, touch right toe together (Clap).
5-6 Step right diagonally forward, touch left toe together (Clap).
7-8 Step left diagonally forward, touch right toe together (Clap).

SECTION 4: STEP DIAGONAL BACK, TOUCH TOE TOGETHER (CLAP)

1-2 Step right diagonally back, touch left toe together (Clap).
3-4 Step left diagonally back, touch right toe together (Clap).
5-6 Step right diagonally back, touch left toe together (Clap).
7-8 Step left diagonally back, touch right toe together (Clap).

SECTION 5: VINE, TOUCH TOE TOGETHER (CLAP)

1-4 Vine right, touch left toe together (Clap).
5-8 Vine left, touch right toe together (Clap).

SECTION 6: REPEAT SECTION 5

SECTION 7: SWIVEL HEELS, VINE, TOUCH TOE TOGETHER (CLAP)

- 1-2 Swivel heels to right, swivel heels to left.
- 3-4 Swivel heels to right, swivel heels to left.
- 5-8 Vine right, touch left toe together (Clap).

SECTION 8: VINE, TOUCH TOE TOGETHER (CLAP), SWIVEL HEELS

- 1-4 Vine left, touch right toe together (Clap).
- 5-6 Swivel heels to right, swivel heels to left.
- 7-8 Swivel heels to right, swivel heels to left.

SECTION 9: STEP DIAGONAL, STEP TOGETHER (CLAP), STEP DIAGONAL, BRUSH

- 1-2 Step right diagonally forward, step left together.
- 3-4 Step right diagonally forward, brush left forward.
- 5-6 Step left diagonally forward, step right together.
- 7-8 Step left diagonally forward, brush right forward.

SECTION 10: STEP DIAGONAL, TOUCH TOE TOGETHER (CLAP)

- 1-2 Step right diagonally back, step left together.
- 3-4 Step left diagonally back, touch right toe together (Clap).
- 5-6 Step right diagonally back, step left together.
- 7-8 Step left diagonally back, touch right toe together (Clap).

SECTION 11: STEP DIAGONAL, STEP TOGETHER, STEP DIAGONAL, SCUFF

- 1-2 Step right diagonally forward, step left together.
- 3-4 Step right diagonally forward, scuff left forward.
- 5-6 Step left diagonally forward, step right together.
- 7-8 Step left diagonally forward, scuff right forward.

SECTION 12: REPEAT SECTION 10

SECTION 13: SHUFFLE, ROCK BACK, RECOVER

- 1&2 Step right side, step left together, step right side.
- 3-4 Rock left back, recover to right.
- 5&6 Step left side, step right together, step left side.
- 7-8 Rock right back, recover to left.

SECTION 14: REPEAT SECTION 13

SECTION 15: STEP 1/4 TURN, SIDE SHUFFLE

- 1&2 Turn 1/4 right to left, step left together, step right side.
- 3&4 Turn 1/4 left to left, step right together, step left side.
- 5&6 Turn 1/4 right to left, step left together, step right side.
- 7&8 Turn 1/4 left to left, step right together, step left side.

SECTION 16: STEP PIVOT 1/4 TURN

- 1-2 Rock right forward, turn 1/4 left and shift weight to left.
- 3-4 Rock right forward, turn 1/4 left and shift weight to left.
- 5-6 Rock right forward, turn 1/4 left and shift weight to left.
- 7-8 Rock right forward, turn 1/4 left and shift weight to left.

[BRIDGE] 32 counts

SECTION B1: STEP TOGETHER, HIP BUMP

- 1-2 Step right together with bumping right hip back, bump left hip back.
- 3&4 Bump right hip back, bump left hip back, bump right hip back.

- 5-6 Bump left hip back, bump right hip back.
7&8 Bump left hip back, bump right hip back, bump left hip back.

SECTION B2: HIP BUMP

- 1-2 Bump right hip back, bump left hip back.
3&4 Bump right hip back, bump left hip back, bump right hip back.
5-6 Bump left hip back, bump right hip back.
7&8 Bump left hip back, bump right hip back, bump left hip back.

SECTION B3: SWIVEL HEEL AND TOE TO RIGHT

- 1-2 Swivel heels to right, swivel toes to right.
3&4 Swivel heels to right, swivel toes to right, swivel heels to right.
5-6 Swivel heels to left, swivel toes to left.
7&8 Swivel heels to left, swivel toes to left, swivel heels to left.

SECTION B4: SWIVEL HEEL AND TOE TO LEFT, STAND

- 1-2 Swivel heels to right, swivel toes to right.
3&4 Swivel heels to right, swivel toes to right, swivel heels to right.
5-6 Swivel heels to left, swivel toes to left.
7&8 Swivel heels to left, swivel toes to left, stand with weight on left.

[BACK TO WORK] Starts on Vocal again at 2:10

SECTION 17: OPEN JAZZ BOX

- 1-2-3-4 Cross right over left, step left side, step right back, step left forward.
5-6-7-8 Cross right over left, step left side, step right back, step left forward.

SECTION 18: REPEAT SECTION 19

SECTION 19: OPEN JAZZ BOX, STEP 1/4 TURN

- 1-2-3-4 Cross right over left, step left side, turn 1/4 right to right, step left forward.
5-6-7-8 Cross right over left, step left side, turn 1/4 right to right, step left forward.

SECTION 20: REPEAT SECTION 19

SECTION 21: MAMBO STEP

- 1&2 Rock right forward, recover to left, step right together.
3&4 Rock left back, recover to right, step left together.
5&6 Rock right side, recover to left, step right together.
7&8 Rock left side, recover to right, step left together.

SECTION 22&23: REPEAT SECTION 21 TWICE

SECTION 24: TOUCH HEEL/TOE, HOLD

- 1-2 Touch right heel forward twice.
3-4 Touch right toe back twice.
5-6 Touch right heel forward, hold.
7-8 Touch right toe back, hold.

SECTION 25: STEP DIAGONAL FORWARD & SIDE, STEP BACK & TOGETHER

- 1 Step right diagonally forward (with turning hip and upper body right).
2 step left diagonally side (with turning hip and upper body left).
3-4 Rock right back, step left together.
5 Step right diagonally forward (with turning hip and upper body right).
6 step left diagonally side (with turning hip and upper body left).
7-8 Rock right back, step left together.

SECTION 26: REPEAT SECTION 25

SECTION 27: TOE STRUT

- 1-2 Touch right toe forward, drop right heel.
- 3-4 Touch left toe forward, drop left heel.
- 5-6 Touch right toe forward, drop right heel.
- 7-8 Touch left toe forward, drop left heel.

SECTION 28: SHUFFLE BACK, STEP TOGETHER

- 1&2 Step right back, lock left in front of right, step right slightly back.
- 3&4 Step left back, lock right in front of left, step left slightly back.
- 5&6 Step right back, lock left in front of right, step right slightly back.
- 7&8 Step left back, lock right in front of left, step left together.

SECTION 29, 30: REPEAT SECTION 25 TWICE

SECTION 31, 32: REPEAT SECTION 27, 28

SECTION 33: SWIVEL HEELS, HOLD

- 1-2-3 Swivel heels out, to center, hold.

* "Step Diagonal, Step Together" = "K-STEP"

* Bridge: After section 16 of pivot 1/4 turn.
