拍數： 80 靕數： 1 級數：
編舞者：Wong Kwong Sing（CAN）－November 2016
音樂：Little Apple－Chopstick Brothers

Sequence：Main dance／Main dance／Tag／Main Section IV and V／Tag． Dance right away when music starts．

Main Dance（5 Sections x 4 Bars＝ 20 Bars＝ 80 Counts）：

## Section I：

## Bar 1：Tap Tap Tap Step／Tap Tap Tap Step

1，2，3 Tap Rf to R． 3 times（Both hands high sprinkle R．when Tap）
4
Step Rf at side of Lf（and clap hands）
$5,6,7 \quad$ Tap Lf to L． 3 times（Both hands high sprinkle L．when Tap）
8 Step Lf at side of Rf（and clap hands）

Bar 2：（Same as Bar 1）
Bar 3：（Same as Bar 1）
Bar 4：（Same as Bar 1）

## Section II：

Bar 5：Point Point Point／Step／Point Point Point／Step

| $1,2,3,4$ | Point Rf cross／Point Rf side／Point Rf cross／Step Rf at side of Lf／（L．hand＇Flipping＇．） |
| :--- | :--- |
| $5,6,7,8$ | Point Lf cross／Point Lf side／Point Lf cross／Step Lf at side of Rf／（R．hand＇Flipping＇．） |

## Bar 6：Out Out In In／（Shoulder）Roll Roll Roll Roll

1，2 Step Rf forward out（R．hand punch R．）／Step Lf out（L．hand punch L．）／
3，4 Step Rf back in／Step Lf in
$5,6 \quad$ Ball weigh on Rf （Back roll R．shoulder）／Ball weigh on Lf（Back roll L．shoulder）
$7,8 \quad$ Ball weigh on Rf（Back roll R．shoulder）／Ball weigh on Lf（Back roll L．shoulder）

## Bar 7：Point Point Point／Step／Point Point Point／Step

（Same as bar 5）
Bar 8：Out Out In In／（Shoulder）Roll Roll Roll Roll
（Same as bar 6）
Section III：
Bar 9：Walk Walk Walk Walk／Stomp Stomp Touch Jump

| $1,2,3,4$ | Walk 4 steps－Rf，Lf，Rf，Lf |
| :--- | :--- |
| 5,6, | Side stomp Rf（Low Sprinkle hands to R．）／Side stomp Lf（Low Sprinkle hands to L．）／ |
| 7 | Touch Rf to bent body（Low Sprinkle hands in front） |
| 8 | Jump（Arms and palms up）． |

Bar 10：Back Back Back Back／Stomp Stomp Touch Jump
1，2，3，4 Walk backward 4 steps－Rf，Lf，Rf，Lf／
5，6，7，8（Same as Bar $9-5,6,7,8$ ）．
Bar 11：Walk Walk Walk Walk／Stomp Stomp Touch Jump
（Same as bar 9）．
Bar 12：Back Back Back Back／Jump Jump Jump Back
1，2，3，4（same as Bar $10-1,2,3,4$ ）
5，6，7 Jump 3 times（arms up＂hold sky＂）．

Section IV:
Bar 13: Point Step / Point Step / (Hands) Roll-\& Roll-\& Roll-\& Stand

| 1,2, | Point Lf. front (Point R. index finger to audience) / Step Lf at side of Rf. |
| :--- | :--- |
| 3,4 | Point Rf. front (Point L. thumb to your nose) / Step Rf at side of Lf. |
| $5,6,7$ |  |
| 8 | Stand up with weight on Rf. (with hands open like " no more".) |

Bar 14: Point Step / Point Step / Point Step / Point
1,2, 3,4 Point Lf front (Rh "give me") / Step Lf at side of Rf / Point Rf front (Lh "give me") / Step Rf at side of Lf.
1,6,7,8 Point Lf front (Rh "give me") / Step Lf at side of Rf / Point Rf (Lh "give me") / Hold
Bar 15: Side Close Side Hold / Side Close Side Hold
1,2,3,4 $\begin{aligned} & \text { Step Rf to R. / Step Lf next to Rf / Step Rf to R. / Hold / (Coping with rolling arms } \\ & \text { anticlockwise). }\end{aligned}$
5,6,7,8 Step Lf to L. / Step Rf next to Lf / Step Lf to L. / Hold / (Rh hit L. chest 3 times).
Bar 16: Run Run Run Run / Back Shimmy Shimmy Shimmy
1,2,3,4 In spot running 4 steps - R. L. R. L.
$5 \quad$ Step Back Rf (Lf light touch in front)
6,7,8 Shimmy 3 times.
Section V:
Bar 17 Point Step Point Step / (Hands) Roll-\& Roll-\& Roll-\& Stand
(Same as Bar 13)
Bar 18 Point Step / Point Step / Point Step / Point
(Same as Bar 14)
Bar 19 Side Close Side Hold / Side Close Side Hold

| $1,2,3,4$ | (Same as Bar 15) |
| :--- | :--- |
| $5,6,7,8$ | (Legs same as Bar 15, *with hands swiping to left like a 'slop'.) |

Bar 20: Run Run Run Run / (Jump + Hand) Sun Cir- cle Down
1,2,3,4 (Same as Bar 16-1,2,3,4)
$5,6,7,8 \quad$ Bouncing jumps 4 times - with hands raising up then circle down at sides.
(*1st round jump with gentle legs, ended with a Rf touch. / 2nd \& 3rd round, jump with legs opened - to cope with coming up series of motions.)

Tag: (4 counts x 8 = 4 Bars): Bent-bent- bent-bent- bent-bent- touch(+stab)
Start with "robot mountain post" - legs wide opened, arms bent at sides and fingers point sky:
1\& Drop R. elbow and touch Lf. / Drop L. elbow and touch Rf.
2\& Drop R. elbow and touch Lf. / Drop L. elbow and touch Rf.
3\& Drop R. elbow and touch Lf. / Drop L. elbow and touch Rf.
4 Touch twist (toes in) Rf., to stab R. hand towards left.

Last Update - 15th Dec 2016
Contact: irenechk@yahoo.ca
Fitness Dance Youtube: https://www.youtube.com/watch?v=3EbBHoRgn-Y\&list=RD3EbBHoRgn-Y\#t=11

