

Anata 2024

COPPERKNOB
STEPSHEETS

拍數: 64
編舞者: Kenny Teh (MY) - January 2024
音樂: Anata - Bai Bing Bing (白冰冰)

牆數: 1

級數: Phrased Easy Intermediate



Dance sequence: Intro, A, A, B, A, A, A, A, B, A, Tag=4, B, A, A=12

Start dance after 20 counts:

INTRO: 32 counts

Part 1

1 2 3 4 Step LF to L facing L diagonal and put L index finger out
5 6 7 8 Step RF to R facing R diagonal and open both palm together showing cuteness....

Part 2

1 2 3 4 Step LF to L, step RF beside, step LF to L, touch RF beside
5 6 7 8 Step RF to R, step LF beside, step RF to R, touch LF beside

Part 3

1 - 8 Repeat Part 1

Part 4

1 2 3 4 Step LF to L, kick RF over LF, step RF to R, kick LF over RF
5 6 7 8 Repeat above

Section A: 32 counts

1 2 3&4 Cross LF over RF, recover RF, step LF to L, step RF together, step LF to L
5 6 7 8 Cross RF over LF, recover LF, Step RF back, recover LF

1 2 3 4 Cross RF over LF, touch LF to L, Cross LF over RF, touch RF to R
5 6 7 8 1/4 right turn (9.00) Step RF forward, 1/4 right turn (6.00) touch LF to L, 1/4 R turn touch LF to L (9.00), 1/4 R turn (12.00) touch LF to L

1 2 3 4 Walk forward LRL, touch RF
5 6 7 8 Walk back RLR, touch LF

1 2 3 4 Shuffle diagonally forward L LRL, shuffle diagonally forward R RLR
&5 &6 LF out L, RF out R, LF back centre, RF back centre
7&8 Rotate shoulders RLR

Section B: 32 counts

1 2 3 4 1/4 L turn (9.00) step LF forward and touch RF beside LF, bring L hand from right to left
5 6 7 8 1/2 R turn step (3.00) RF forward and touch LF beside RF, bring R hand from left to right

1 2 3 4 1/4 L turn (12.00) step LF forward and touch RF beside LF, bring both arms from side to overhead

5&6&7 8 Both palm crossed on chest, Bending both knees step back RLRLR, hold

1 2 3 4 Step LF to L, step RF beside LF, step LF to L, touch RF beside LF
5 6 7 8 Step RF to R, step LF beside RF, step RF to R, touch LF beside RF

1 2 3 4 1/4 L turn (9.00), step forward LRL, kick RF
5 6 7 8 1/2 R turn (3.00) step forward RLF, kick LF then 1/4 L turn (facing front) to start section A again

Tag=4 count

1 - 4 Sway hips LRLR

Last Update - 29 Jan. 2024 - R1
