

Amor Fati

COPPER KNOB
BY STEPHEN

拍數: 32 牆數: 2 級數: Easy Beginner
編舞者: Sunny Jeong (KOR) - October 2017
音樂: Amor Fati (아모르 파티) - Kim Yon Ja (김연자)



#Tag 1: 12C after finishing of Wall 2 (12:00)

#Tag 2: 8C after finishing of Wall 6 (12:00)

#Tag 3: 4C after finishing of Wall 8 (12:00)

#Tag 4: 4C after finishing of Wall 10 (12:00)

#Tag 5: 4C after finishing of Wall 12 (12:00)

#The End: 14 Wall 2C,

1-2 Step Right Side, 1/2 L Turn Side Point(12:00)

SEC 1: SIDE STEP HIP ROLLS, SIDE POINT

1-2 Step R to right rolling hips to right, Touch L to left and face left

(Optio) Step Right to right, touch L heel to left and At the same time Raise your arms at right angles and spread your chest wide.

3-4 Step L to left rolling hips to left, Touch R to right and face right

(Optio) Step Left to Left, touch L heel to left and At the same time Raise your arms at right angles and spread your chest wide.

5-8 Repeat above 1-4 as 5-8

SEC 2. VINE R WITH TOUCH, ¼ L, TOUCH

1-2-3-4 Step R to R, cross step L behind R, step R to R, touch L toes beside R(Clap)

5-6-7-8 Step L to L, cross step R behind L, ¼ L stepping L fwd, touch R toes beside L(Clap) (09:00)

SEC 3: SIDE ROCK, RECOVER, 1/4 TURN L WITH SIDE ROCK, RECOVER, SIDE ROCK, RECOVER, 1/4 TURN L WITH SIDE ROCK, RECOVER

1-2-3-4 RF side rock, LF recover, Turn L With RF side rock, LF recover (Push your hip in the same direction as the foot on each beat)

5-6-7-8 RF 1/4 Turn L With side rock, LF recover, RF side rock, LF recover (Push your hip in the same direction as the foot on each beat) (06:00)

SEC 4; RIGHT & LEFT SWIVEL HEELS & TOES

1-2 Swivel heels to right, swivel toes to right

3-4 Swivel heels to right, swivel toes to right

5-6 Swivel heels to left, swivel toes to left

7-8 Swivel heels to left, swivel toes to left

#Tag

1-2, Push it to the right twice, Fold your arm 90 degrees so that your palm is forward with your hips

(Optio) Step Right to Forward,

At the same time At the same time Bend the upper body slightly forward and make two counts of shimmy

3-4 Push it to the right twice, spread your arms down so you can see the back of your hand and come forward with your hip

(Optio) Move the weight to the left foot, straighten the upper body and make two counts of shimmy

5-6 ~Repeat 1-2

7-8 ~Repeat 3-4

9-10 ~Repeat 1-2

11-12 ~Repeat 3-4

13-14 ~Repeat 1-2

15-16 ~Repeat 3-4

Happy Dancing~(^-^v

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