

Jabi Basic 1

拍數: 256 牆數: 1 級數: Absolute Beginner
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音樂: Swallow (제비) - Kim Gun Mo (김건모)



Intro: 48 (16+32)
Bridge Sec.: 32Count
Ending Sec.: 3Count

[INTRO SECTION]: 32 Counts (Sec.1) 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.

(Sec.2) 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.

(Sec.3) REPEAT (Sec.2)

(Sec.4) 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 PART 1]

(Sec.1) SIDE, TOE Touch Toe TOGETHER

1-2 Step right side, touch left toe together
3-4 Step left side, touch right toe together
5-6 Step right side, touch left toe together
7-8 Step left side, touch right toe together

(Sec.2) Repeat (Sec.1)

(Sec.3), 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).

(Sec.4) Repeat (Sec.3)

[WORK PART 2]

(Sec.1) 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.

(Sec.2), (Sec.3), (Sec.4);
Repeat (Sec.1)

[WORK PART 3]

(Sec.1) SIDE, FORWARD BACK MAMBO STEP

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

(Sec.2), (Sec.3), (Sec.4);
Repeat (Sec.1)

[WORK PART 4]

(Sec.1) SHUFFLE BACK, STEP TOGETHER

1&2 Forward Shuffle R-L-R,
3-4 Step lock left Forward , Step right Recover
5&6 Backward Shuffle L-R-L
7-8 Step lock Right back, Step Left Recover

(Sec.2), (Sec.3), (Sec.4);
Repeat (Sec.1)

[BRIDGE SECTION] :32Count
- Repeat [INTRO SECTION]

[WORK PART 5]

(Sec.1) JAZZ BOX, Together

1-8 Cross right over left, step left side, step right back, step left Beside Right.

(Sec.2)JAZZ BOX, Together, Toe Touch

1-8 Cross right over left, step left side, step right back, Step toe Touch left Beside Right.

(Sec.3): Repeat (Sec.1)

(Sec.4): Repeat (Sec.2),

[WORK PART 6]

(Sec.1) RIGHT VINE, TOUCH TOE TOGETHER

1-2-3-4 Step R to R, L step behind R, R step to R, L Toe Touch step beside R (Clap)
5-6-7-8 Step L to L, R step behind L, L step to L, R Toe Touch step beside L (Clap)

(Sec.2), (Sec.3), (Sec.4);
Repeat (Sec.1)

[WORK PART 7]

(Sec.1)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

(Sec.2), (Sec.3), (Sec.4);
Repeat (Sec.1)

[WORK PART 8]

(Sec.1) 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.

(Sec.2), (Sec.3), (Sec.4);
Repeat (Sec.1)

[ENDING SECTION]; 3Count
SWIVEL HEELS TO RIGHT, HOLD

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

Happy Dance

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