

# Plz Don't Be Sad

COPPERKNOB  
STEPSHEETS

拍數: 96      牆數: 4      級數: Phrased High Beginner  
編舞者: Jeannie Hong - October 2017  
音樂: Plz Don't Be Sad (얼굴 찌푸리지 말아요) - HIGHLIGHT



Sequence of dance : Intro, A-A-A1, B, Tag, A-A-A1, B, Tag, A1, B Tag

NOTICE: You can dance replacing part A1 with A.(for easier level) / START: after 32counts or at words "wo wo"

## Part A (32Counts)

### A[1-8] Step cross, side touch(x2) 1/4 R turn, heel swivel

1-2            Rf cross forward(1) Lf side touch(2)  
3-4            Lf cross forward(3) Rf side touch(4)  
5-6            1/4 R turning Rf step(5) Lf step(6) (3:00)  
7-8            Both heel swivel(R(7)->Center(8)) (option : Your two arms move the opposite direction)

### A[9-16] Back step, Recover, F Touch, L touch, Sailor 1/4 L turn, body Isolation

1-2            Lf back step(1) Rf recover(2)  
3-4            Lf front touch(3) Lf side touch(4)  
5&6            (1/4 L turning) Lf back step(5) Rf next to (&), Lf forward(6)  
7-8            (stepping Rf ) Body isolation (R(7) to L(8))

### A[17-24] Weave step, touch

1-2            Rf side to Right(1) Lf behind Rf (2)  
3-4            Rf side to Right(3) Lf touch next to Rf(4)  
5-6            Lf side to Left(5) Rf behind Lf(6)  
7-8            Lf side to Left(7) Rf touch next to Lf(8)

### A[25-32] Pivot 1/4 L turn, R coaster, F Touch, L Touch, Hitch

1-2            Rf forward(1) 1/4 Lf Pivot turn(2) (9:00)  
3&4            Rf back step(3) Lf next to R(&), Rf forward(4)  
5-6            Lf front touch(5) Lf side touch(6)  
7-8            Lf hitch(7) Lf down step(8)

## Part A1 (32 counts)

### A1[1-8] Step Sweep(x2,) 1/4 R turn, Toe split

1-2            Rf forward step(1) Lf sweep(from back to front)(2)  
3-4            Lf forward step(3) Rf sweep (from back to front)(4)  
5-6            1/4 R turning Rf step(5) Lf step(6)  
7-8            Both heel swivel (R(7)->Center(8))

### A1[9-16] Back step, Recover, Touch, Sailor 1/4 L turn, Isolation (same to part A)

1-2            Lf back step(1) Rf recover(2)  
3-4            Lf front touch(3) Lf side touch(4)  
5&6            (1/4 L turning) Lf back step(5) Rf next to Lf(&), L forward(6)  
7-8            (stepping Rf) Body isolation (R(7) to L(8))

### A1[17-24] Knee up in out rolling down ,Body wave

1&2            R knee up in out rolling(1&) down(2)  
3-4            Right Body wave (3,4)  
5&6            L knee up in out rolling(5&) down(6)  
7-8            Left Body wave (7,8)

**A1[25-32] Pivot 1/4 L turn, R coaster, Touch, Hitch(same to part A)**

1-2 Rf forward(1) 1/4 Lf Pivot turn(2) (9:00)  
3&4 Rf back step(3) Lf next to fR(&), Rf forward(4)  
5-6 Lf front touch(5) Lf side touch(6)  
7-8 Lf hitch(7) Lf down step(8)

**Part B (32 counts)**

**B[1-8] Knee bent, heel bounce**

1-2-3-4 Lf knee diagonal forward bent both heel bounce  
(with two fists small rollingx4 in front of face-like crying or frowning)  
5-6-7-8 Two legs together jumpingx4  
(with two arms stretched out two hands shaking)

**B[9-16] Step, diagonal kick, jazz box turning left 1/4**

1-2 Lf step , Rf cross diagonal kick  
3-4 Rf step, Lf cross diagonal kick  
5-6 Lf cross R,f Rf side back step  
7-8 Turning left 1/4 Lf side step , Rf side step

**B[17-24] Repeat section 1 (Same to [1-8])**

**B[25-32] Repeat section 2(same to [9-16])**

**Intro (32 count) = Tag**

**i[1-8] Stand in shoulder width, knee bent, heel bounce, waving arms, Reverse 1-4**

1-2-3-4 (Stand in shoulder width) Knee bent and heel bounce(4)  
(With two arms folded palms out) moving zigzag upper from left waist to right above head  
5-6-7-8 Reverse 1-4/ legs same position, moving zigzag down from left above head to right waist side

**i[9-16] Knee and hip bounce, Right arm moving, Shoulders moving, Step side**

1-2-3-4 Left knee bent and toe with hip bouncing up and down (Right arm moving from left chest to right waist)  
5&6 Crossed two legs with shoulders up and down one by one(L-R-L) with both index fingers going up (facing 1:30)  
7-8 Step L left side, Step R right side

**[17-24] Stand in shoulder width , both knee bent in, heel bounce, waving arms, Reverse1-4**

1-2-3-4 (Stand in shoulder width) both knee bent in with heel bouncing (4)  
**With two arms (stretched palm toward bottom) waving from Right side to Left side**  
5-6-7-8 Reverse 1-4 / legs same position, only two arms waving from L to R

**[25-32] Step both feet, heel stomp, back step, Sailor turn**

1 2 Lf side step, Rf side step (holding both hands)  
3-4 Left heel stomp(x2) with both hands moving up and down (like doing hammer)  
5-6 Lf back step, Rf back step  
7-8 Lf back step turning 1/4 left turn, Rf next to Lf, Lf step forward

**Enjoy dancing with k-pop**

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