

Punk Right Now (P.R.N)

COPPER KNOB
BY SHEETS

拍數: 48 牆數: 1 級數: Phrased Intermediate / Advanced
編舞者: Angéline Fourmage (FR) - March 2019
音樂: Punk Right Now by Hyo&3LAU



Sequence : A-A (8)-A-B-B-C-C-A-B-C-C-A-A-Tag (8 counts)-C-C-C-C
Start : 16 counts - No Restart – No Tag

Part A (16 Counts)

[1-8] : Heel Grind, Cross, Back ¼ R, Kick, Coaster-Step, Slide, Touch

1-2 Cross R Heel over LF, Step LF to L side
3-4 Cross RF over LF, Make 1 /4 R with LF Back with R Kick FW
5&6 Coaster-Step (RF Back, LF next to RF, RF FW)
7-8 LF to L side, Touch RF next to LF*(For the restart make ¼ R with LF back and touch RF next to LF)

[9-16] : Side, Flick, Side, Hitch ¼ R, Hitch, Coaster-Step, Together

1-2 RF to R side, L Flick Back
3-4 LF to L side, Make ¼ R with R Hitch FW
5-6& R Hitch to R side, RF Back, LF next to RF
7-8 RF FW, LF next to RF

Part B (16 Counts)

[1-8] : Back, Touch, Point, Touch, Point, Back, Touch, Point, Touch, Point

1-2 RF on R diagonal Back, Touch LF next to RF
3&4 Point LF on L diagonal, Touch LF next to RF, Point LF on L diagonal
5-6 LF on L diagonal Back, Touch RF next to LF
7&8 Point RF on R diagonal, Touch RF next to LF, Point RF on R diagonal

[9-16] : Walk, Touch, Walk, Touch

1-2 Walk RF FW, LF FW
3-4 RF FW, Touch LF next to RF (option: Bump)
5-6 Walk LF Back, RF Back
7-8 LF Back, Touch RF next to LF (option: Bump)

Part C (16 Counts)

[1-8] : Rocking-Chair, Side, Flick, Side, Flick, Apple-Jack

1&2& RF FW, Recover on LF, RF Back, Recover on LF
3&4& RF to R side, LF Flick behind RF, LF to L side, RF Flick behind LF
5&6&, twist right heel and left toe to left, bring back to center Twist left heel and right toe to right, bring back to center
7&8& twist right heel and left toe to left, bring back to center Twist left heel and right toe to right, bring back to center,

[9-16] : Rock-Step ¼ L, Rock-Step ¼ L, Back, Back, Coaster-Step, Out Jump, Cross Jump, Out Jump

1&2& Make ¼ L with LF to L side, Recover RF, Make ¼ L with LF to L side, Recover RF
3-4 LF Back, RF Back
5&6 LF Back, RF next to LF, LF FW (Coaster-Step)
7 & 8 Out Out with Jump, Cross RF over LF with Jump, Out Out with Jump

Tag (8 counts)

[1-8] : Walk Full Circle, Touch, Clap, Clap

1-6 Walk Full Circle R, L, R, L, R, L

7&8 Touch RF next to LF with Clap your hands 2 times (&8)

NOTA :

RF = Right Foot , LF = Left Foot , FW = Forward

Smile and enjoy the dance

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