Punk Right Now (P.R.N)

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)

拍數: 48

[1-8] : Heel Grind, Cross, Back 1/4 R, Kick, Coaster-Step, Slide, Touch

- Cross R Heel over LF, Step LF to L side 1-2
- 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)
- LF to L side, Touch RF next to LF*(For the restart make 1/4 R with LF back and touch RF 7-8 next to LF)

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

- RF to R side, L Flick Back 1-2
- LF to L side, Make 1/4 R with R Hitch FW 3-4
- R Hitch to R side, RF Back, LF next to RF 5-6&
- 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
- Point LF on L diagonal, Touch LF next to RF, Point LF on L diagonal 3&4
- 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
- RF to R side. LF Flick behind RF. LF to L side. RF Flick behind LF 3&4&
- twist right heel and left toe to left, bring back to center Twist left heel and right toe to right, 5&6&. bring back to center
- twist right heel and left toe to left, bring back to center Twist left heel and right toe to right, 7&8& bring back to center,

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

- Make 1/4 L with LF to L side, Recover RF, Make 1/4 L with LF to L side, Recover RF 1&2& 3-4 LF Back, RF Back
- LF Back, RF next to LF, LF FW (Coaster-Step) 5&6
- 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
- Walk Full Circle R, L, R, L, R, L 1-6





牆數: 1

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

Contact : maellynedance@gmail.com