

Kung Fu

COPPERKNOB
BYEPOSTETS

拍數: 64 牆數: 0 級數: Phrased - Fun EASY theme dance
編舞者: Ivonne Verhagen (NL) - August 2019
音樂: Kung Fu Fighting, Bus Stop



Intro 32 counts

Order to dance:

Intro - A-A-B-A-A-A-B-A-TAG-A-B-FINISH

INTRO:

[1-8] SLOWLY A BIG STEP SIDE, HOLD, SLOWLY CLOSE, HOLD

1,2,3,4 RF step big step to the side, hold (arm movement)

5,6,7,8 RF close to LF, hold (arm movement),

[9-16] SLOWLY A BIG STEP SIDE, HOLD, SLOWLY CLOSE, HOLD

1,2,3,4 LF step big step to the side, hold (arm movement)

5,6,7,8 LF close to RF, hold (arm movement)

[17-24] REPEAT 1-8

[25-32] REPEAT 9-16

PART A

[1-8] WALK FORWARD R-L-R KICK, WALK BACKWARDS L-R, COASTERSTEP

1,2,3,4 Step forward (R-L-R), LF kick forward (Lift right hand palm forward)

5,6,7&8 Step back (L-R-), LF step back, RF close to RF, LF step forward

[9-16] WALK FORWARD R-L-R KICK, WALK BACKWARDS L-R, COASTERSTEP

1,2,3,4 Step forward (R-L-R), LF kick forward (Lift right hand palm forward)

5,6,7&8 Step back (L-R-), LF step back, RF close to RF, LF step forward

[17-24] SIDE, HOLD, (½ TURN SIDE, HOLD) x 2, TOGETHER, STEP

1,2,3,4 Step right to right side, hold & Hand movement, Make a ½ turn right stepping left to left side, hold & Hand movement, (6:00)

5,6,7,8 Make a ½ turn left stepping right to right side, hold & Hand movement, (12:00), Step left beside right, step right in place

[25-32] SIDE, HOLD, (½ TURN SIDE, HOLD) x 2, TOGETHER, STEP

1,2,3,4 Step left to left side, hold & Hand movement, Make a ½ turn left stepping right to right side, hold & Hand movement, (6:00)

5,6,7,8 Make a ½ turn right stepping left to left side, hold & Hand movement, (12:00), Step right beside left, step left in place

PART B

[1-8] SIDE (BEND KNEE), POINT SIDE (UP), 2X, LIFT KNEE, HOLD, & KICK, STEP

1,2,3,4 RF step side & bend knee, LF touch to the left side & straight leg, LF step side & bend knee, RF touch to the right side & straight leg,

5,6&7,8 Lift Right knee up, Hold & arm movement, RF step down, LF kick forward, LF step down

[9-16] REPEAT 1-8

[17-24] WEAWE RIGHT, KICK DIAGONAL, HOLD, & STEP, CROSS

1,2,3,4 RF step side, LF cross behind RF, RF step side, LF cross over RF
5,6&7,8 RF kick diagonal right forward, Hold (arm movement), RF step down, LF step in place, RF cross over LF

[25-32] WEAVE LEFT, KICK DIAGONAL, HOLD, & STEP, CROSS

1,2,3,4 LF step side, RF cross behind LF, LF step side, RF cross over LF
5,6&7,8 LF kick diagonal left forward, Hold (arm movement), LF step down, RF step in place, LF cross over RF

TAG: 36 COUNTS

~32 Counts: Walk In 4 Counts To Another Person – 4 Counts Hand Movement To Each Other (4x)

~4 Counts : Move To A Good Dance Spot

FINISH

~8 COUNTS TO WALK TO A GROUP

~4 COUNTS AND ON 5 POSE

Have fun!!

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