

Regret

拍數: 64 牆數: 4 級數: Improver
編舞者: Sunny Jeong (KOR) - October 2019
音樂: Regret (후회) - Jo Sung Mo (조성모)



[INTRO] 52Count
[Intro Section] 48Count
[Restart & Tag] 68 Count After 32C Of 4 Wall

INTRO SECTION - [32 Count] BIG SIDE, DRAG, BALL TOGETHER

(Sec. 1)

1 RF step big side
2-7 LF drag to R
8 LF step together ball

(Sec. 2)

1 LF step big side
2-7 RF drag to L
8 LF step together ball

(Sec. 3) (Sec. 1) Repeat

(Sec. 4) (Sec. 2) Repeat

[16 Count]

(Sec. 1) DIAGONAL FORWARD, TOUCH(×2)

(Sec. 2) DIAGONAL BACKWARD, TOUCH(×2)

[Sec.1] SIDE, CROSS OVER KICK, VINE, CLAP

1,2,3,4 RF step side, LF cross over kick, LF step side, RF cross over kick
5,6,7,8 RF step side, LF cross behind, RF step side, LF touch toe together (Clap)

[Sec.2] SIDE, CROSS OVER KICK, Turn ¼L VINE, scuff forward FORWARD SCUFF

1,2,3,4 LF step side, RF cross over kick, RF step side, LF cross over kick
5,6,7,8 LF step side, RF cross behind, LF ¼L forward, RF scuff forward (9;00)

[Sec.3] JAZZ BOX & CROSS WITH HOLD & SHIMMY

1,2,3,4 RF cross hold with shimmy shoulders, LF step Backward hold with shimmy.
5,6,7,8 RF step side hold with shimmy, LF cross over hold with shimmy.

[Sec.4] SIDE ROCK, RECOVER, TURN

¼L SIDE ROCK, RECOVER

1,2,3,4 RF rock side, LF recover, RF recover, LF recover
5,6,7,8 RF ¼L rock side , LF recover, RF recover, LF recover (6;00)

[Sec.5] RIGHT Vine S, LF Touch, LEFT Vine, RF Touch

1234 RF step side, LF cross behind, RF step side, LF touch toe together
5,6,7,8 LF step side, RF cross behind, LF step side, RF touch toe together

[Sec.6] RIGHT VINE, LF TOUCH, ¼L VINE , RF SCUFF FORWARD

1234 RF step side, LF cross behind, RF step side, LF touch toe together
5678 LF step side, RF cross behind, LF ¼(3;00)

[Sec.7] FORWARD BALL & TWIST

1,2,3,4 RF ball step forward with swivel both heels R, L, R, RF heel drop down

5,6,7,8 LF ball step forward with swivel both Heels L, R, L, LF heel drop down

[Sec.8] (PIVOT TURN 1/4L WITH ROLLING HIP)×2, FORWARD SHIMMY

1,2,3,4 RF step forward, LF pivot ¼L with rolling hip, RF step forward, LF pivot ¼L with rolling hip

5,6,7,8 RF step forward with Start shimmy(5,6,7), LF together (3;00)

[Tag 64 Count]

(Sec. 1)DIAGONAL FORWARD, TOUCH(×2)

(Sec. 2)DIAGONAL BACKWARD, TOUCH(×2)

[2]Tag 64 Count

(Sec. 3)(Sec. 1) repeat

(Sec. 4)(Sec. 2)repeat

(Sec. 5)RIGHT VINE, LF TOUCH, LEFT VINE, RF TOUCH

1234 RF step side, LF cross behind, RF step side, LF touch toe together

5,6,7,8 LF step side, RF cross behind, LF step side, RF touch toe together

(Sec. 6)LEFT VINE, R TOUCH, TURN ¼R VINE , L TOUCH

1234 LF step side, RF cross behind, LF Side, Touch toe RF together

5678 RF step side, LF cross behind, RF ¼R step forward, LF touch toe together

(Sec.7) FORWARD BALL & HEEL SWIVEL, HEEL DROP DOWN

1,2,3,4 RF ball step forward with swivel both heels R, L, R, RF drop down

5,6,7,8 LF step forward with swivel both Heels L, R, L, RF drop down

(Sec.8) (PIVOT TURN 1/4L WITH HIP ROLLING)×2, STEP FORWARD, SHIMMY

1,2,3,4 RF recover, LF pivot ¼L, RF step forward, LF pivot ¼L

5,6,7,8 LF step forward with Start shimmy(5,6,7), RF touch toe together

(Sec. 9- 4C)

Open the both arms by the lower sides and make a circle to overhead and gather the both arms and lower to the front of bosom.

Enjoy the dance~♠
