

Pak Man

拍數: 24 牆數: 4 級數: Phrased Improver
編舞者: Belynda Head - 2015
音樂: Nothin' (Edited) by N.O.R.E



Intro: Start dancing after 16 counts

Sequence: A, B, A, B, A, C, and then repeat A, B, A, C until music ends

A-Stomps STOMP, STEP, COASTER STEP, STOMP-STOMP, STEP, COASTER STEP

1, 2 R stomp forward (1), R step next to L (2)
3&4 Coaster step L-R-L (3&4)
&5, 6 Two quick R stomps forward (&5), R step next to L (6)
7&8 Coaster step L-R-L (7&8)

B-Sling & turn STEP, TOUCH BEHIND, STEP W. ¼ L, TOUCH BEHIND, STEP, TOUCH BEHIND, STEP W. ¼ LEFT, TOUCH BEHIND

1, 2 R step to R side (1) while raising arms, L touch behind R (2) while slinging arms downward to right
3, 4 Step L to L side with ¼ turn L (3) while raising arms, R touch behind L (4) while slinging arms downward to left – 9:00
5, 6 R to R side (5) while raising arms, L touch behind R (6) while slinging arms downward to right
7, 8 Step L to L side with ¼ turn L (7) while raising arms, R touch behind L (8) while slinging arms downward to left – 6:00

C-Pak Man R STEP, L STEP, R STEP, L STEP, R STEP & TURN ¼ L, R STEP, L STEP, R STEP, L STEP & TURN ¼ R, L STEP, R STEP, L STEP & TURN ¼ R, L STEP

1&2&3& R step (1), L step (&), R step (2), L step (&), R step (3) and pivot both feet ¼ turn to left (&) while keeping weight on L – 9:00
4&5&6 R step (4), L step (&), R step (5), L step (&) and pivot both feet ¼ turn to right (6) while keeping weight on R – 12:00
&7&8& L step (&), R step (7), L step (&) and pivot both feet ¼ turn to right (8) while keeping weight on R, L step (&) – 3:00

(<https://www.meetup.com/LinesNMotion/>)