

Glue Stick

拍數: 64 牆數: 2 級數: Phrased Improver
編舞者: Eun Mi Lim (KOR) & S.E.A of love (KOR) - April 2020
音樂: Glue Stick (딱풀) - Lee Chanwon (이찬원)



Sequence: ABBB, AAB(16c), ABBB, Tag(8c), AAAA(26c), Pose!

Start on Vocal

Part A

Sec 1: Cross, Back, Side, Hold & Clap 2X

- 1-2 Cross R over L, Step back on L.
- 3-4 Step R to right side, Hold (Clap).
- 5-6 Cross L over R, Step back on R.
- 7-8 Step L to left side, Hold (Clap).

Sec 2: Prissy Walk (R-L), Touch (Out-In-Out- In)

- 1-2 Cross R over L for 2counts.
- 3-4 Cross L over R for 2counts.
- 5-6 Touch R toe to R side, Touch R toe beside L.
- 7-8 Touch R toe to R side, Touch R toe beside L.

Sec 3: Knee Pop (L-R-L-R), R Heel Down, Hold, Both Feet Jump, Hold

- 1-2 R heel down while L heel lifting & L knee cross over R (Right hand to left waist), L heel down while R heel lifting & R knee cross over L (Left hand to right waist).
- 3-4 R heel down while L heel lifting & L knee cross over R (Right hand to right hip), L heel down while R heel lifting & R knee cross over L (Left hand to left hip).
- 5-6 R heel down & bending both knee down, Hold.
- 7-8 Both feet low jump (out-out), Hold.

Sec 4: Hip Bump 2X, Hip Roll Turning 1/4L 2X

- 1&2 Hip bumping (R-L-R).
- 3&4 Hip bumping (L-R-L).
- 5-6 Step R forward and roll hip counter clockwise, 1/4turn L recover on L.
- 7-8 Step R forward and roll hip counter clockwise, 1/4turn L recover on L.

Part B

Sec 1: Forward Walk (R-L-R), Kick, Back, Touch, Forward, Kick

- 1-2 Step forward on R, Step Forward on L.
- 3-4 Step forward on R, Kick L forward.
- 5-6 Step back on L, Touch R back.
- 7-8 Step forward on R, Kick L forward.

Sec 2: Back Walk (L-R-L), Touch, Forward, Kick, Back, Touch

- 1-2 Step back on L, Step back on R.
- 3-4 Step back on L, Touch R back.
- 5-6 Step forward on R, Kick L forward.
- 7-8 Step back on L, Touch R back

Sec 3: Jazz Box 1/4Turn R, & Twist (Heel Swivel)

- 1-2 Cross R over L, 1/4turn R stepping L back.
- 3-4 Step R to right side, Step L next to R.
- 5-6 Both heels swivel (R-L) while bending the knee.

7-8 Both heels swivel (R-L) while stretching knee.

Sec 4: Jazz Box 1/4Turn R, & Twist (Heel Swivel)

1-2 Cross R over L, 1/4turn R stepping L back.

3-4 Step R to right side, Step L next to R.

5-6 Both heels swivel (R-L) while bending the knee.

7-8 Both heels swivel (R-L) while bending the knee.

Tag (8counts): Hip Rolling (R-L)

1-4 Step R to right side with hip roll to clockwise for 4counts.

5-8 Hip roll to anti-clockwise for 4counts.

Enjoy Dancing Always~!

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