

# Nest

COPPER KNOB  
BY EPOCHSHEET

拍數: 32      牆數: 4      級數: High Beginner  
編舞者: Sunny Jeong (KOR) & Seong-Ah Shin (KOR) - April 2020  
音樂: Nest (동지) - Mr. Pang (미스터팡) : (Album: 신나는 팡팡디스코)



※[Intro] 64Count

※[Tag 1, 2]

Tag1; 8Count After 2, 10Wall

Tag 2; 4Count After 3, 4, 11, 12Wall

※[Restart & Step change ; 16C Of 8Wall]

※[Step change & pose; 31C, 32C Of 5,13Wall]

1, 2+8C, 3+4C, 4+4C, 5(31, 32C~Change Option), 6,7,8(16C), 9, 10+8C, 11+4C, 12+4C, 13(31, 32C; Step change & pose), 14, 15-Ending of 24C

## [Sec.1] RIGHT VINE STEP, HIP BUMP

1234      RF step side(1), LF Cross behind RF(2) RF step side(3), LF step together(4)

5678      RF point forward with hip bump(5), RF hip bump(6,7,8)

## [Sec.2] (1/8L PIVOT HIP ROLLING TURN)×2, SWEAVL R/L HEEL TOE

1234      RF Point forward(1), LF pivot 1/8L with rolling hip(2)(10:30), RF Point forward(3), LF pivot 1/8L with rolling hip(4)(9:00)

5678      Both Heel Sweavl right(5), Both Toe Sweavl right(6), Both Toe Sweavl left(7), Both Heel Sweavl left(8)

※Restart Step change& ; 16C Of 8Wall] 5C~8C, Rocking Chair

## [Sec.3] ROCKING CHAIR, KNEE POP

1234      RF step forward(1), LF Recover (2) RF step backward(3), LF Recover(4)

5678      RF step side with Left Knee pop(5), Right Knee pop(6), Left Knee pop(7), Right Knee pop(8)

## [Sec.4] TURN 1/4R JAZZ BOX, FORWARD, 1/4R JAZZ BOX, TOGETHER

1234      RF cross over LF(1), LF turn 1/4R Backward(2), RF step right side(3), LF step forward(4)

5678      RF cross over LF(5), LF turn 1/4R Backward(6), RF step right side(7), LF step together(8)(9:00)

## [Tag; 8Count]R/L SIDE, TOGETHER, SIDE, POINT TOGETHER

1,2,3,4      RF step side(1), LF step together(2) RF step side(3), LF Point together(4)

5678      LF step side(5), RF step together(6) LF step side(7), RF Point together(8)

## [Tag; 4Count]R/L SIDE, POINT TOGETHER

1,2,3,4      RF step side(1), LF Point together(2) LF step side(3), RF Point together(4)

## [Step change & pose]

31, 32      RF Point together Hold, With raising the right arm highly & Shouting 'Wow'

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