

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 (둥지) - 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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