

Mr. Trot (익씩 안익씩)

COPPER KNOB
BYEONHEETS

拍數: 64 牆數: 4 級數: Phrased Improver
編舞者: Mi Young Jung (KOR) - July 2020
音樂: Read and Ignored (익씩 안익씩) - Jang Min Ho (장민호)



Intro: 32 Counts

Phrasing: A-A-B-B-A-A-A-B-B-A

~Part A>

S1 : RF FWD, LF SCUFF, LF FWD SHUFFLE, RF FWD ROCK, RECOVER, 1/2 R SHUFFLE

1-2-3&4 Step RF fwd, Scuff LF, Step LF fwd, Rock RF behind LF, Step LF fwd

5-6-7&8 Step RF fwd rock, Recover weight LF, 1/2 Turn R / Step RF fwd, Rock LF behind LF, Step RF fwd

S2 : 1/4 R / LF SIDE, RF SIDE TOUCH(CLAP), RF SIDE, LF SIDE TOUCH(CLAP), 1/4 L / LF SIDE, RF SIDE TOUCH(CLAP), RF SIDE, LF SIDE TOUCH(CLAP),

1-2-3-4 1/4 Turn R / Step LF side to L, Step RF side touch(Clap), Step RF side to R, Step LF side touch(Clap)

5-6-7-8 1/4 Turn L / Step LF side to L, Step RF side touch(Clap), Step RF side to R, Step LF side touch(Clap)

S3 : FIGURE OF EIGHT WEAVE (FULL TURN TRAVELLING L)

1-2-3-4 Step LF side to L, Cross RF behind LF, 1/4 Turn L / Step LF Fwd, Step RF fwd touch

5-6-7-8 Pivot 1/2 Turn L, 1/4 Turn L / Step RF side to R, Cross LF behind RF, 1/4 Turn L / Step RF Fwd,

S4 : LF FWD, RECOVER RF, COASTER STEP, RF FWD, HEEL SWIVEL, RF BACK, TOGETHER

1-2-3&4 Step LF Fwd, Recover weight RF, Step LF back, Step RF next to LF, Step LF Fwd

5&6-7-8 Step RF Fwd, Heel Swivel out, Heel Swivel in, Step RF back, Step LF next to RF

~Part B>

S1 : SIDE TOUCH RF, LF, RF, HOLD, TOGETHER, SIDE TOUCH LF, RF, LF, HOLD, TOGETHER

1&2&3&4 Step RF to R side touch, Step RF next to LF, Step LF to L side touch, Step LF next to RF, Step RF to R side touch, Hold, Step RF next to LF

5&6&7&8 Step LF to L side touch, Step LF next to RF, Step RF to R side touch, Step RF next to LF, Step LF to L side touch, Hold, Step LF next to RF

S2 : RF FWD ROCK, RECOVER, COASTER STEP, PIVOT 1/2 TURN R, 1/4 SIDE ROCK R, RECOVER

1-2-3&4 Step RF fwd rock, Recover weight LF, Step RF back, Step LF next to RF, Step RF fwd

5-6-7-8 Step LF Fwd, Pivot 1/2 Turn R, pivot 1/4 Turn R / Step LF to L side rock, Recover weight RF

S3 : CHARLESTON STEP x2

1-2-3-4 Step LF fwd, Step RF fwd touch, Step RF back, Step LF back touch

5-6-7-8 Step LF fwd, Step RF fwd touch, Step RF back, Step LF back touch

S4 : LF SIDE, RF SIDE TOUCH, RF SIDE, LF SIDE TOUCH, STEP BACK LF,RF,LF(SHIMMY), HITCH R KNEE

1-2-3-4 Step LF side to L side(Hip Wave), Step RF to R side touch, Step RF side to R side(Hip Wave), Step LF to L side touch

5-6-7-8 Step LF back(Shimmy), Step RF back(Shimmy), Step LF back(Shimmy), Hitch R knee

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