

Switch to Me

COPPER KNOB
STEPPERS

拍數: 32 牆數: 4 級數: High Beginner
編舞者: SoonYoung-Bae (KOR) - January 2021
音樂: Switch to Me (나로 바꾸자) - RAIN (비) & J.Y.Park (박진영)



Restart : No - Tag : No

* Intro : 32c

iS1(1-8) Vine R, side touch, Side-side touch(L-R) with body wave

1-4 side to R(RF), behind RF(LF), side to R(RF), side ball touch beside RF(LF)
5-8 side to L(LF), side ball touch beside LF(RF), side to R(RF), side ball touch beside RF(LF)

** styling : 5, 6 counts with moving body wave to R from L

7, 8 counts with moving body wave to L from R

iS2(9-16) Vine L, side touch, Side-side touch(R-L) with body wave

1-4 side to L(LF), behind LF(RF), side to L(LF), side ball touch beside LF(RF)
5-8 side to R(RF), side ball touch beside RF(LF), side to L(LF), side ball touch beside LF(RF)

** styling : 5, 6 counts with moving body wave to L from R

7, 8 counts with moving body wave to R from L

iS3(17-24) K step with body wave

1-4 digonal fwd to R(RF), together(LF), diagonal bwd to L(LF), together(RF)
5-8 digonal bwd to R(RF), together(LF), diagonal fwd to L(LF), together(RF)

** styling : as direction of body and rhythm is moving body wave in natural

iS4(25-32) step, hip sway(R-L-R), knee bending(R-L) and arms moving(down-up)

1-4 step to R(RF), hip sway R, hip sway L, hip sway R
5&6& knee L bending(LF), knee R straight(stand), knee bending, knee straight(stand)

** styling :

(1) this dance like sit down and up with weight on R leg and face to L

(2) both arms are bending the motion like 'W' and palm is up to the air

(3) the palm is moving up(bending) and down(straight)

7&8& knee R bending(RF), knee R straight(stand), knee bending, knee straight(stand)

** styling :

(1) this dance like sit down and up with weight on L leg and face to R

(2) both arms are bending the motion like 'W' and palm is up to the air

(3) the palm is moving up(bending) and down(straight)

Main dance : 32c

S1(1-8) Side-hitch(L-R) Rolling vine R, Diagonal hitch

1-4 side to R(RF), knee up(LF), side to L(RF), knee up(LF) -
5-8 1/4 turn R step(RF), 1/2 turn R step(LF), 1/4 turn R step(RF), diagonal knee up to R(LF)(12:00)

S2(9-16) 1/4 turn R step and hip bump L, Hip bump(R-L), Side step and hip bump R, Hip bump(L-R), 1/4 turn R step, hitch, 1/2 turn L step, hitch

1&2 1/4 turn R step(LF) and hip bump L, hip bump R, hip bump L with weight on LF

* 1&2 styling : dance with face to L (3:00)

3&4 side step to R(RF) and himp bump R, hip bump L, hip bump R

*3&4 styling : dance with weight on LF and face to R

5 -8 1/4 turn R step(RF)(6:00), knee up(LF), 1/2 turn L step(LF), knee up(RF)(12:00)

S3(17-24) Side point, Side touch, 1/4 turn R step, Side point, Side touch, Side point, Side, Cross, Side, Cross

1&2 side point to R(RF), side touch beside LF(RF), 1/4 turn R step(RF) with weight on RF(3:00)

3&4 side point to L(LF), side touch beside RF(LF), side point to L(LF) with weight on LF
5 -7 side to R(recover)(RF), cross over RF(LF), side to R(RF), cross over RF(LF)(3:00)

S4(25-32) Kick ball side point (R-L), back step and knee bending(R-L)

1&2 kick fwd(RF), ball press beside LF(RF), side point to L(LF)

3&4 kick fwd(LF), ball press beside RF(LF), side point to R(RF)

5&6 back step(RF)(weight on R)and knee bending(LF), knee straight(LF), knee bending(LF)

7&8 back step(LF)(weight on L)and knee bending(RF), knee straight(RF), knee bending(RF)

**5&6 7&8 styling :

(1) two palm is toward in a sky with arms bending to both side

(2) two arms : whenever knee bending, moving to up from bottom

Contact : SoonYoung-Bae (alhappy@hanmail.net)

Last Update - 10 Jan 2021
