

Switch to Me (나로 바꾸자)

COPPER KNOB
STEPSHEETS

拍數: 96 牆數: 2 級數: Phrased Intermediate
編舞者: Lavengers (KOR) - January 2021
音樂: Switch to Me (나로 바꾸자) - RAIN (비) & J.Y.Park (박진영)



Lavengers - Korea (Bon, Eun Ju, Seol A)

Sequence: Intro (32)-A(32)-A-B(32)-C(32)-A-A-B-C

Intro Dance

S1: Big Side-Hitch-Side Touch-Hitch X 2(R, L)

1-4 Big step side RF to R, Hitch LF, Side touch LF to L, Hitch LF
5-8 Big step side LF to L, Hitch RF, Side touch RF to R, Hitch RF

S2: R Back, 1/2R Tun, L Fwd Rock-Back, R Back Rock-Fwd, 1/2L Turn-Fwd

1-2 Step back RF, 1/2R Turn (6:00)
3&4 Step forward LF, Recover RF, Step back LF
5&6 Step back RF, Recover LF, Step forward RF
7-8 1/2L Turn, Step forward RF (12:00)

S3: L Fwd Step, Hitch, L Shuffle, Diagonal Back-Touch x2 (R, L)

1-2 Step forward LF, Hitch LF
3&4 Step forward LF, Step RF next to LF, Step forward LF
5-8 Step back diagonal RF, Step touch LF to RF Step back diagonal LF, Step touch RF to LF

S4: R Hitch X2, L Hitch X2, Knee In (R, L), Quickly Knee In (R, L, R)

1&2& (Hitch RF, In place RF) x2
3&4& (Hitch LF, In place LF) x2
5-6 Knee in RF, Knee in LF
7&8 Quickly Knee in (RF, LF, RF)

A1: R side, Behind, Side/L Heel Swivel In-Out-In, 1/4L Fwd Step, 1/4L Side, Back/Heel In-Out-In

1-2 Step side RF to R, Step LF behind RF
3&4 Step side RF with LF heel-swiveling In-Out-In
5-6 1/4L Turn step forward LF, 1/4L Turn step side RF (6:00)
7&8 Step back LF with RF heel swiveling In-Out-In

A2: Camel Walk (R, L), R Shuffle, L Fwd Touch-Side Touch, 1/4L Sailor Step

1-2 Step RF forward popping LF knee forward, Step LF forward popping RF knee forward
3&4 Step forward RF, Step LF next to RF, Step forward RF
5-6 Touch forward LF, Side touch LF to L
7&8 1/4L Turn step back LF, Step RF to R, Step forward LF (3:00)

A3: Kick-Ball-Back-Recover, 1/4L Turn Kick-Ball-Back-Recover X3

1&2& Kick RF, Step ball RF next to LF, Step back LF, Recover RF
3&4& 1/4L Turn kick LF, Step ball LF next to RF, Step back RF, Recover LF (12:00)
5&6& 1/4L Turn Kick RF, Step ball RF next to LF, Step back LF, Recover RF (9:00)
7&8& 1/4L Turn kick LF, Step ball LF next to RF, Step back RF, Recover LF (6:00)

A4: R Jazz Box-Cross, R Side Swivel, L Swivel

1-4 Step cross RF over L, Step back LF, Step side RF to R, Step cross LF over R
5&6 Step side RF to R with LF heel-swiveling In-Out-In
7&8 Move balance to L heel-swiveling RF In-Out-In

B1: Diagonal Back-Touch (R, L), Both Feet/Swivel In-Out-Hold-Swivel In-Out-Hold

- 1-2 Step back diagonal RF to R, Step touch LF next to RF
3-4 Step back diagonal LF to L, Step touch RF next to LF
&5-6 Both feet Swivel In, Both feet out, Hold
&7-8 Both feet Swivel In, Both feet out, Hold

B2: Diagonal Back-Touch (R, L), Both Feet/Swivel-Out-Hold-Swivel-Out-Hold

- 1-2 Step back diagonal RF to R, Step touch LF next to RF
3-4 Step back diagonal LF to L, Step touch RF next to LF
&5-6 Swivel both feet to R, Both feet out, Hold
&7-8 Swivel both feet to L, Both feet out, Hold

B3: Both Feet Side-Hip Push-Pull X4 (R, L, R, L)

- 1&2 Jump with both feet to R, Hip push (arms front), Hip pull (arms in place)
3&4 Jump with both feet to L, Hip push (arms front), Hip pull (arms in place)
5&6 Jump with both feet to R, Hip push (arms front), Hip pull (arms in place)
7&8 Jump with both feet to L, Hip push (arms front), Hip pull (arms in place)

B4: Fwd Step-Hitch (R, L), Full Turn walks

- 1-4 Step forward RF, Step hitch LF. Step forward LF, Step hitch RF
5-8 1/4R step forward RF, 1/4R step forward LF, 1/4R step forward RF, 1/4R step forward LF

C1: R Vine Step, Touch, Side, Touch, 1/4L Side, Touch

- 1-4 Step side RF to R, Step behind LF, Step side RF to R, Touch LF next to RF
5-8 Step side LF, Touch RF next to LF, 1/4L step side RF to R, Touch LF next to RF (9:00)

C2: L Vine Step, Touch, Side, Touch 1/4R Side, Touch

- 1-4 Step side LF to L, Step behind RF, Step side LF to L, Touch RF next to LF
5-8 Step side RF, Touch LF next to RF, 1/4L step side LF to L, Touch RF next to LF (6:00)

C3: R Vine Step, Touch, Side, Touch, 1/4L Side, Touch

- 1-4 Step side RF to R, Step behind LF, Step side RF to R, Touch LF next to RF
5-8 Step side LF, Touch RF next to LF, 1/4L step side RF to R, Touch LF next to RF (3:00)

C4: L Vine Step, Touch, R side, Touch, 1/4R Side, Touch

- 1-4 Step side LF to L, Step behind RF, Step side LF to L, Touch RF next to LF
5-8 Step side RF, Touch LF next to RF, 1/4L step side LF to L, Touch RF next to LF (12:00)

***Enjoy the dance by line dance Bon.**

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