

My Permission

拍數: 32 牆數: 4 級數: Improver
編舞者: Tutuk Kusdaryanti (INA) & Tri Artiyanti (INA) - July 2021
音樂: Permission to Dance - BTS



Start after 32 counts

Section 1 - SWAY WITH HIPS (3x) - COASTER STEP - STEP WITH BODY ROLL - STEP BACK - CROSS

1-2-3 Step L to side by Lifting the Hips Up, Recover on R by lifting the Hips down, Step L on to with the Hips Lifted Up weight on L
4&5 Step Back R, Step L Beside R, Step R Forward
6-7 Step L Forward with Body Doing Body Roll , Recover on R
8& Step Back on L, Cross R over L

Section 2 - STEP BACK - SIDE - ROCK - CROSS SUFFLE - POINT - TURN - STEP BACK (L-R)

1-2-3 Step Back on L, Step R Side, Recover On L
4&5 Cross R over L, Step L to Side, Cross R over L
6-7 Point L to Side, 1/4 turn L onto with L point Forward (Weight on R)
8& Step Back on L, Step Back on R

Section 3 - STEP BACK - SWEEP - BEHIND - SIDE - HEEL UP WITH KNEE IN - DROP HEEL (R-L) - CROSS - STEP BACK - SIDE - CLOSE

1-2-3 Step L back while Sweep R from Front to Back, R Cross Behind L, Step L to L Side
&4&5 Lift R Heel with Knee in, drop R Heel , lift L heel with Knee in, Drop L Heel
6-7 R Cross over L, Step L back
8& Step R to Side, L close together R

Section 4 - SIDE - HEEL GRIND 1/4 - COASTER STEP - FORWARD - TURN - STEP INPLACE - CLOSE

1-2-3 Step R to side, Touch L Heel Forward , 1/4 turn L Heel (weight on L Heel) Step Back on R
4&5 Step Back on L, Step R beside L, Step L Forward
6-7 Step R Forward, 1/4 turn L Step L Inplace
8 R Close Together L

TAG - After Wall 8

FORWARD - SWEEP - CROSS - SIDE - BEHIND - SWEEP - CROSS BEHIND - TURN

1-2-3-4 Step L Forward , Sweep R from Back to Front, Cross R Over L, Step L side
5-6-7-8 Step Back on R, Sweep L from Front to Back, Cross Back L behind R, 1/4 turn R Step R Forward

Note : You do 3 more times facing 3,6,9 and back to 12.
And Restart

Enjoyyy..

Contact us :

tkyanti@gmail.com

triartiyanti16@gmail.com

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