

Hakka Let's Exercise (大家來運動)

COPPER KNOB
BY STEPHEN T. S.

拍數: 80 牆數: 1 級數: Phrased High Beginner
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音樂: Everyone Let's Exercise (大家來運動) - Taipei Hakka Affairs Commission (臺北市
政府客家事務委員會)



Sequence: AA BB CC TAG AA BB TAG BB

A: 32c, B: 32c, C: 16c, TAG: 4c

Intro: 32 C

A: 32c

[S1]: R Heel Toe Heel Toe, Step Look Step, Hold

1-4 Touch R Heel Forward To Right Diagonal, Touch R Toe Next to L, Repeat

5-8 Step R Forward To Right Diagonal, Step L behind R, Step R Forward To Right Diagonal , Hold

[S2]: L Heel Toe Heel Toe, Step Look Step, Hold

1-4 Touch L Heel Forward To Left Diagonal, Touch L Toe Next to R, Repeat,

5-8 Step L Forward to Left Diagonal, Step R behind L, Step L Forward To Left Diagonal , Hold

[S3]: Jazz Box, Paddle Turn 1/2, Hold

1-4 Cross R over L, step back on L , Step R to R side , Cross L over R

5-8 Touch R To R Side, ¼ L Turn Touch R To R Side, ¼ L Turn Touch R To R Side, Hold

[S4]: Repeat S3

1-4 Cross R over L, step back on L , Step R to R side , Cross L over R

5-8 Touch R To R Side, ¼ L Turn Touch R To R Side, ¼ L Turn Touch R To R Side, Hold

B: 32c

[S1]: Side Together Side Touch, Side Touch, Side Touch

1-4 Step R To Right, Sept L Together R, Step R To Right, Touch L Next To R

5-8 Step L To Left, Touch R Next To L, Step R To Right, Touch L Next To R

[S2]: K-Step

1-4 Step L Forward To Left Diagonal, Touch R To L, Step R Back To Right Diagonal, Touch L To R

5-8 Step L Back To Left Diagonal, Touch R To L, Step R Forward To Right Diagonal, Touch L To R

[S3]: Side Together, Side Touch, Side Touch, Side Touch

1-4 Step L To Left, Sept R Together L, Step L To Left, Touch R Next To L

5-8 Step R To Right, Touch L Next To R, Step L To Left, Touch R Next to L

[S4]: K-Step

1-4 Step R Forward To Right Diagonal, Touch L To R, Step L back To Left Diagonal, Touch R To L

5-8 Step R back To Right Diagonal, Touch L To R, Step L Forward To Left Diagonal, Touch R To L

C: 16c

[S1]: Rock & Hand Swing, Recover & Hand Swing

1-4 Rock R Forward To Right Diagonal (Weight On RF) & Hand Swing(1-4)

5-8 Recover (Weight On LF) & Hand Swing(5-8)

[S2]: Swivel To R Side, Hold, Swivel To L Side, Hold

1-4 Swivel Both Heels To R Side , Swivel Both Toes To R Side , Swivel Both Heels To R Side , Hold

5-8 Swivel Both Heels To L Side , Swivel Both Toes To L Side , Swivel Both Heels To L Side , Hold

TAG: 4c

Side, Touch

1-4 Step R To Right, Touch L Next To R & Clap Hands, Step L To Left, touch R Next To L & Clap Hands

REPEAT

Enjoy and happy Dancing...

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