Coming of Age Ceremony



編舞者: Heidi Cronjé (SA) - April 2023

音樂: Coming of Age Ceremony (성인식) - Park Ji Yoon (박지윤)



Intro: 32 counts

SECTION 1: PRIZZLY WALKS R-L, OUT, OUT, HIP BUMPS L X 2, HIP BUMPS R X 2 (12:00)

1-2 Step R fwd, Step L fwd (prizzly walks)
3-4 Step R fwd to R diagonal, Step L out
5-6 Bump hips twice to L and look L
7-8 Bump hips twice to R and look R

SECTION 2: FWD MAMBO STEP X 2, CROSS, ¾ R TURN WITH HEEL BOUNCES (09:00)

1&2 Rock L fwd, Recover R, Step L slightly back3&4 Rock R fwd, Recover L, Step R slightly back

5-8 Cross L over R, Turn ¾ R over 3 counts and do 3 heel bounces while turning (weight on L)

SECTION 3: CROSS SHUFFLE, POINT, SLIDE, POINT, CROSS, ROCK, RECOVER, CROSS, SWEEP (07:30)

1&2 Cross R over L, Step L together, Cross R over L (angle body to 07:30)

3&4 Point L side, Slide L to R, Slide L back to point L (07:30)

5 Cross L over R

6&7 Rock R side, Recover L, Cross R over L

8 Sweep L from back to front forming circle (bringing L in towards R) (07:30)

SECTION 4: TOUCH, KNEE POPS X 3 (07:30), BACK TOUCH X 4 (06:00)

1-2& End sweep with touching L next to R, Step L down and pop R knee in (07:30)
 3&4& Step R down and pop L knee in, Step L down and pop R knee in (07:30)

(Styling counts 1 - 4: Body roll and lifting head upwards and back)

5&6& Turn 1/8 to L and step R back, Touch L slightly fwd and pop L knee in, Step L back, Touch R

slightly fwd and pop R knee in

7&8& Step R back, Touch L slightly fwd and pop L knee in, Step L back, Touch R slightly fwd and

pop R knee in

Start Again. Have fun and Enjoy!

Tag: At the end of walls 3 (facing 06:00) and 6 (facing 12:00)

1& Jump and step both L & R out, Jump crossing R over L

2-3 Unwind full L turn over two counts (weight on L)

4 Flick R backwards

Ending: Wall 10 (facing 06:00)

1& Jump and step both L & R out, Jump crossing R over L

2 - 3 Unwind ½ L turn over two counts (weight on L)

4 - 5 Step R fwd to R diagonal, Step L out (place hands on hips when stepping L out)

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