

One Two 3D

拍數: 32 牆數: 4 級數: Improver
編舞者: Julia Wetzel (USA) - December 2023
音樂: 3D - Jung Kook (정국) & Jack Harlow : (Clean Version)



Intro: 5 counts, start on lyric "phone" (3 sec. into track)

Note: Many thanks to Jeannie Lin for recommending this song to me

[1 - 8] Rock, Coaster, Rock, ½ L Shuffle

1, 2 Rock R fw (1), Recover L (2) 12:00
3&4 Step R back (3), Step L next to R (&), Step R fw (4) 12:00
5, 6 Rock L fw (5), Recover R (6) 12:00
7&8 ½ turn left shuffle L R L (7&8) 6:00

[9 - 16] ¼ L Side, Clap, & Side, Clap, & Point, Monterey ½ R, Side Rock, Cross

1, 2& ¼ turn left step R to right side (1), Hold and clap hands (2), Step L next to R (&) 3:00
3, 4& Step R to right side (3), Hold and clap hands (4), Step L next to R (&) 3:00
5, 6 Point R to right side (5), 1/2 turn right on L step R next to L (6) 9:00
7&8 Rock L to left side (7), Recover R (&), Cross slightly L over R (8) 9:00

*Tag and Restart here on Wall 4 facing 12:00

[17- 24] Out-Out Knee Roll/Skate R L, Cross, Back, & Cross, Hold, & Cross, & Cross

1, 2 Step R out to right side roll R knee out (1), Step L out to left side roll L knee out (2)

Skate Option: Skate R (1), Skate L (2) 9:00

3, 4& Cross R over L (3), Step L back (4), Step R next to L (&) 9:00
5, 6& Cross L over R (5), Hold and snap fingers to right side (6), Step R to right side (&) 9:00
7&8 Cross L over R (7), Step R to right side (&), Cross L over R (8) 9:00

[25 - 32] ¼ R Stomp Out-Out, Heel Pops, ½ R, ¼ R Together, Kick-Ball-Change

1, 2 ¼ turn right stomp R out to right side (1), Stomp L out to left side (2) 12:00
&3 Pop R heel in (&), Pop R heel back to center and step R heel down (3) 12:00
&4 Pop L heel in (&), Pop L heel back to center and step L heel down (4) 12:00
5,6 ½ turn right on L step R fw (5), ¼ turn right step L next to R (6)

Easy Option: Step R back (5), ¼ turn left step L to left side (6) 9:00

7&8 Kick R fw (7), Step ball of R next to L (&), Replace weight on L (8) 9:00

Tag : Do the following Tag at the end of Wall 1 facing 9:00 and on Wall 4 after 16 counts facing 12:00

1, 2 Rock R fw (1), Recover L (2)
3&4 Step R slightly back and bump R hip back (3), Bump L hip fw (&), Bump R hip back (4)
5&6 Step L slightly back and bump L hip back (5), Bump R hip fw (&), Bump L hip back (6)
7, 8 Step R back hitch L prepare to push body forward (7), Big step fw on L (8)

Restart On Wall 4, dance up to Count 16 (Cross L over R) facing 12:00, do the Tag and then start Wall 5 facing 12:00

Ending At the end of Wall 11 facing 3:00, step R fw and pivot ¼ turn left step L to left side and pose

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