

Instinctively (본능적으로)

COPPER KNOB
BYEONHEE'S

拍數: 32 牆數: 4 級數: High Improver
編舞者: Ahn Sung Hee (KOR) - July 2024
音樂: Instinctively (feat. Swings) - Kang Seung Yoon



Intro : 16 counts – No Tag! No Restart!

Sec1: Walk RF, LF, Anchor Step With Sweep, Back Sweep×2, Behind, Side, Cross, Side, Together

- 1-2,3&4 Step RF fwd, step LF fwd, rock RF back, recover LF, step RF in place with sweep LF from front to back
- 5-6 Step LF back with sweep RF from front to back, step RF back with sweep LF from front to back
- 7&8&1 Step LF behind RF, step RF to R side, step LF cross over RF, step RF to R side, step LF beside RF

Sec2: Cross, 1/4 R Turn Back, 1/2 R Turn Shuffle, Forward Rock, Back, Back, Together

- 2-3,4&5 Step RF cross over LF, 1/4 R turn step RF back, 1/4 R turn step RF to R side, step LF beside RF, 1/4 R turn step RF fwd
- 6&7,8& Rock LF fwd, recover RF, step LF back, step RF back, step LF beside RF

Sec3: Side, Behind, 1/4 R Turn Forward, Side, Behind, 1/4 L Turn Forward, Side, 1/8 L Turn Back×2, 1/8 L Turn Side, 1/8 L Turn Forward ×2

- 1-2&,3-4& Step RF to R side, step LF behind RF, 1/4 R turn step RF fwd, step LF to L side, step RF behind LF, 1/4 L turn step LF fwd
- 5-6&,7-8& Step RF to R side, 1/8 L turn step LF back, step RF back, 1/8 L turn step LF to L side, 1/8 L turn step RF fwd, step LF fwd

Sec4: R Mambo Forward, 1/8 L Turn L Mambo Back, Hip Push R-L-R, 1/2 L Pencil Turn

- 1&2,3&4 Rock RF fwd, recover LF, step RF back, 1/8 L turn rock LF back, recover RF, step LF fwd
- 5-8 Hip Push R-L-R, put weight on LF and 1/2 L turn bring RF toward LF

REPEAT

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