

My One Woman

COPPER KNOB
BYEPOSTETS

拍數: 32 牆數: 4 級數: Beginner
編舞者: Hea Sook Jang (KOR) & MJLD (KOR) - August 2024
音樂: My Only Lady (나만의 여인) - Sul Woon Do (설운도)



*** NO TAG, NO RESTART

S1 CROSS POINT (R,L), JAZZ BOX

1-4 RF cross over LF (1), LF side point (2), LF cross over RF (3), RF side point (4)
5-8 RF cross over LF (5), LF 1/4 turn right back RF (6), RF side (7), LF fwd (8)(3:00)

S2 FORWARD HEEL TOUCH, 1/4 TURN LEFT TOGETHER, FORWARD HEEL TOUCH, TOGETHER X 2

1-4 RF fwd heel touch(1), RF 1/4 turn left together LF(2)(12:00), LF fwd heel touch(3) LF step
 together RF(4)
5-8 RF fwd heel touch(5), RF 1/4 turn left together LF(6)(9:00), LF fwd heel touch(7), LF step
 together RF(8)

S3 FORWARD ROCK, RECOVER, TRIPLE STEP (R,L)

1-4 RF fwd rock(1), LF recover(2), walk in place three times(R,L,R)(3&4)
5-8 LF fwd rock(5), RF recover(6), walk in place three times(L,R,L)(7&8)

S 4 LINDY STEP (R,L)

1-4 RF side (1), LF beside RF(&), RF side (2), LF back rock(3), RF recover (4)
5-8 LF side (5), RF beside LF(&), LF side (6), RF back rock (7), LF recover (8)

Have Fun Dance ~

Contact : happyll1004@naver.com