

拍數: 96 牆數: 1 級數: Phrased Beginner
編舞者: Salsabila K. Tsani (INA) - October 2024
音樂: APT. - ROSÉ & Bruno Mars



Start after 8 count

Sequence: ABC ABC AB(12) Tag BB CAA

Tag (after 12 count): Out out in in (1,2,3,4)

A. (32 Count)

S1. TOE TOUCH, FLICK, SIDE, FLICK

1,2 Touch R toe to R side, Touch R toe to forward
3,4 Touch R toe to R side, Flick RF back behind left leg
5,6 Step RF to R side, Flick LF back behind right leg
7,8 Step LF to L side, Flick RF back behind left leg

S2. PADDLE 1/4 TURN L (2X), JUMP FWD TOGETHER, HOLD, HIP BUMP (R,L,R)

1,2 Step RF forward on ball, 1/4 turn L weight on LF
3,4 Step RF forward on ball, 1/4 turn L weight on LF
5,6 Jump fwd together, hold
7&8 Push R hip to R,L,R

S3. REPEAT SECTION 1 (PART A)

S4. REPEAT SECTION 2 (PART A)

B. (32 Count)

S1. TOE TOUCH, TOGETHER, HEEL TOUCH, TOGETHER, LONG STEP FORWARD, TOGETHER

1,2 Touch R toe to R side, Step RF next to LF
3,4 Touch L toe to L side, Step LF next to RF
5&6& Touch R heel forward, Step RF next to LF, Touch L heel to forward, Step LF next to RF
7,8 Long step RF forward, Step LF next to RF

S2. DIAGONAL BACK, TOE TOUCH, MONTEREY 1/2 TURN R

1,2 Step RF to diagonal back, Touch L toe beside RF
3,4 Step LF to diagonal back, Touch R toe beside LF
5,6 Touch R toe to R side, 1/2 Turn R step RF beside LF
7,8 Touch L toe to L, Step LF beside RF

S3. FORWARD, KICK, BACK, TOE TOUCH, HEEL DIGS

1,2 Step RF forward, Kick LF forward
3,4 Step LF back, Touch R toe beside LF
5,6 Step RF back, Touch L heel forward
7,8 Step LF in place, Touch R toe beside LF

S4. JAZZ BOX 1/4 TURN R (2X)

1,2 Cross RF over LF, 1/4 turn R step back on LF
3,4 Step RF to R side, Step LF forward
5,6 Cross RF over LF, 1/4 turn R step back on LF
7,8 Step RF to R side, Step LF forward

C. (32 Count)

S1. K STEP

1,2 Step RF to diagonal forward, Touch L toe beside RF
3,4 Step LF to diagonal back, Touch R toe beside LF
5,6 Step RF to diagonal back, Touch L toe beside RF
7,8 Step LF to diagonal forward, Touch R toe beside LF

S2. GRAPEVINE WITH TOE TOUCH, ROLLING VINE

1,2 Step RF to R, Cross LF behind RF
3,4 Step RF to R, Touch L toe to L side
5,6 1/4 turn L step LF forward, 1/2 turn L step LF back
7,8 1/4 turn L step LF to L, Touch R toe beside LF

S3. FORWARD, TOE TOUCH, BACK, TOE TOUCH

1,2 Step RF forward, Touch L toe to L side
3,4 Step LF back, Touch R toe to R side
5,6 Step RF forward, Touch L toe to L side
7,8 Step LF back, Touch R toe to R side

S4. OUT, OUT, IN, IN, SIDE, TOE TOUCH

1,2 Step RF to R diagonal forward, Step LF to L diagonal forward
3,4 Step RF back to center, Step LF beside RF
5,6 Step RF to R, Touch L toe behind RF
7,8 Step LF to L, Touch R toe behind LF

Last Update: 24 Oct 2024 - R1
