

拍數: 48 牆數: 4 級數: Phrased Beginner
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音樂: APT. - ROSÉ & Bruno Mars



Sequence: AAAAB AAAAB AAA BBB AAA

Intro : 16Counts

Part A : 16 Counts

Sec 1 : HIP BUMP L, HIP BUMP R

1-4 Step RF to right bumping hips left x 4

5-8 Step LF to left bumping hips right x 4

(Styling Option : Cross your hands up and down four times x 2)

Sec 2 : GRAPEVINE 1/4 TURN, SCUFF, SIDE, SIDE, HOLD

1-4 Step RF to the right side (1), LF cross behind RF (2), Step RF forward with 1/4 to the right (09:00)(3), Scuff LF (4)

5-8 Step LF to the left side(5), Step RF right side(6), Hold (7-8)

(Styling Option : at the hold (7-8), nod head up and down twice)

Part B: 32c

Sec 1: K- STEP

1-8 RF to right diagonal(1), Touch LF next to RF(2), 1/4 turn to R LF to the left diagonal(3), Touch RF next to LF(4), 1/4 turn to L RF to right diagonal(5), Touch LF next to RF(6), LF to the left diagonal(7), Touch RF next to LF(8)

Sec 2 : SWIVEL R, FLICK, SWIVEL L, FLICK

1-4 Swivel both heels right(1), Swivel both heels left(2), Swivel both heels right(3), Flick LF(4)

5-8 Swivel both heels left(1), Swivel both heels right(2), Swivel both heels left(3), Flick RF(4)

Sec 3 : SIDE, TOUCH, CROSS TOUCH, CROSS TOUCH , SAILOR STEP

1-4 RF to right diagona (1), Touch LF next to RF(2), LF to light diagona(3), Touch RF next to LF(4)

5 6 Touch RF cross left(5), Touch RF side right(6)

7&8 RF cross behind LF(7), LF close RF(&), RF step right(8)

Sec 4 : CROSS TOUCH, CROSS TOUCH , SAILOR STEP, HIP CIRCLR R-L

1 2 Touch LF cross right(1), Touch LF side left(2)

3&4 LF cross behind RF(3), RF close LF(&), LF step left(4)

5-8 Rolling hips clockwise R-L, Weight on LF(8)