

拍數: 96 牆數: 2 級數: Phrased High Beginner
 編舞者: sumi Yun (KOR), jiyeon Moon (KOR), kyongAh Lee (KOR), jungmi Seo (KOR),
 sookkyung Kim (KOR) & jinsol Yun (KOR) - November 2024
 音樂: APT. - ROSÉ & Bruno Mars



Start: After 16counts

Sequence: A,B,C, A,B,C, A,B,C, TAG, C,A,B

Tag: After 3 wall, Follow the 16counts tag below

Ending: No specific ending

A Part: 32 counts

S1. SIDE L,R, WITH A HIP BOUNCE

1-4 Step LF side (1) hip bounce (2-4) (LF weight)
 5-7 Step RF side (5) hip bounce (6-8) (RF weight)

S2. TWIST L,R,L,R,L, HOLD, HIP BUMP

1-4 Twist L,R,L,R (1-4)
 5-6 Twist L (5) Hold (6)
 7&8 Hip bump up (7) down (&) up (8)

S3. SIDE R,L, WITH A HIP BOUNCE

1-4 Step RF side (1) hip bounce (2-4) (RF weight)
 5-7 Step LF side (5) hip bounce (6-8) (LF weight)

S4. TWIST R,L,R,L, HOLD, HIP BUMP

1-4 Twist R,L,R,L (1-4)
 5-6 Twist R (5) Hold (6)
 7&8 Hip bump up (7) down (&) up (8)

B Part: 32 counts

S1. WALK, FLICK DIAGONAL (x2), FWD ROCK STEP, HOLD, WITH A SHIMMY

1-2 Step LF fwd (1), RF flick diagonal (2)
 3-4 Step RF fwd (3), LF flick diagonal (4)
 5-6 Rock LF fwd (5), Hold (6)
 7-8 Recover RF (7) Step LF fwd (8)

S2. TWIST TOE, HEELS, TOE, HOLD, TWIST TOE, HEELS, HOLD

1-2 Step RF beside L twisting both toe L (1), twist both heels L (2)
 3-4 twist both toe L (3), Hold (4)
 5-6 twist both toe R (5), twist both heels R (6)
 7-8 Hold (7-8) (head action)

S3. CROSS, SIDE POINT, BACK CROSS, SIDE POINT

1-2 Cross RF over L (1), Point L to side (2)
 3-4 Cross LF over R (3), Point R to side (4)
 5-6 Cross RF behind L (5), Point L to side (6)
 7-8 Cross LF behind R (7), Point R to side (8)

S4. FWD, TOGETHER, BACK, TOGETHER, WITH A SHIMMY, 1/2 L TURN WITH A JUMPPING

1-2 Step RF fwd (1) Step LF together (2)

- 3-4 Step RF back (3) Step LF together (4)
- 5-6 Jumping in place 1/4 turn L (feet together)
- 7-8 Jumping in place 1/4 turn L (feet together)

C Part: 32 counts

S1. SLOW JAZZ BOX

- 1-2 Cross RF over L (1), Hold (2)
- 3-4 Step LF back (3), Hold (4)
- 5-6 Step RF to R side (5), Hold (6)
- 7-8 Cross LF over R (7), Hold (8)

S2. R SCISSORS, L SCISSORS

- 1-2 Step RF to R side (1), Step LF together (2)
- 3-4 Cross RF over L (3), Hold (4)
- 5-6 Step LF to L side (5), Step RF together (6)
- 7-8 Cross LF over R (7), Hold (8)

S3, DIAGONAL R STRUT, CROSS STRUT, DIAGONAL FWD WALK, HOLD 1/8 L TURN

- 1-2 Touch RF toe to diagonal R (1), Drop RF heel (2)
- 3-4 Touch LF toe to over R (3), Drop LF heel (4)
- 5-6 Step RF diagonal fwd (5), Hold (6)
- 7-8 1/8 turn L (weight RF) (7-8)

S4. DIAGONAL L STRUT, CROSS STRUT, DIAGONAL FWD WALK, HOLD 1/8 R TURN

- 1-2 Touch LF toe to diagonal L (1), Drop LF heel (2)
- 3-4 Touch RF toe to over L (3), Drop RF heel (4)
- 5-6 Step LF diagonal fwd (5), Hold (6)
- 7-8 1/8 turn R (weight LF) (7-8)

TAG. TOUCH, TOGETHER, R V-STEP

- 1-2 Touch RF to fwd (1), Step RF together LF (2)
 - 3-4 Touch LF to fwd (3), Step LF together RF (4)
 - 5-6 Touch RF to fwd (5), Step RF together LF (6)
 - 7-8 Touch LF to fwd (7), Step LF together RF (8)

 - 1-2 Step RF to R diagonal (1), Step LF to L diagonal (2)
 - 3-4 Step RF back to center (3), Step LF next to R (4)
 - 5-8 Feet together jumping (5-8)
-