

Trampoline

COPPERKNOB
BYEPOSTETS

拍數: 48 牆數: 1 級數: Phrased Advanced - Street
編舞者: Icha Yulfariza (INA) & Adila Lasta (INA) - December 2024
音樂: Trampoline (feat. Missy Elliott, BIA & Iamdoechii) - David Guetta & AFROJACK



1st Winner Choreography ABC in Indonesia International Dance Festival UCWDC

Sequence : A Tag A(28) B A(16) AA B A(16) A

Part A (32 Count)

S1. SIDE TOUCH – CLOSE – SIDE TOUCH – PONY STEP – SAILOR STEP – CROSS SHUFFLE

1 & 2 Touch R to Side, Step R Next to L, Touch L to Side
3 & 4 Step L Back Hitching R Knee, Step Ball of R Beside L, Step L Back Hitching R Knee
5 & 6 Step R Behind L, Step L Beside R, Step R to Side
7 & 8 Cross L Over R, Step R to Side, Cross L Over R

S2. SHAMROCK – BACK WALK (R,L) – CROSS – UNWIND

1 & 2 Step R to Side, Twist R Toe to Face Left, Step R Next to L & Bounce on Toes of Both Feet (10.30)
3 & 4 Step L to Side, Twist L Toe to Face Right, Step L Next to R & Bounce on Toes of Both Feet (1.30)
5 – 6 Step R Back, Step L Back (1.30)
7 – 8 Turn 1/8 Left & Cross R Over L, Full Turn Weight on L (12.00)

S3. CREEP – SCUFF – SIDE

1 Turn ¼ Right Stepping R Ball to Side with Both Knee in & Look Left (3.00)
& 2 Still on Ball of Both Feet turning Knees Out, Knees In
& 3 & 4 Knees Out, In, Out, In
& 5 & 6 Knees Out, In, Out, In (End Weight on L)
7 – 8 Turn ¼ Left & Scuff R, Step R to Side (12.00)

S4. FLICK OUT (R,L) – HITCH TWICE – SAILOR STEP – FORWARD – CLOSE TOUCH

1 & 2 & Flick Out R, Step R to Side, Flick Out L, Step L to Side
3 & 4 Hitch R With Knee Out, Drop R Ball Down, Hitch R With Knee Out
5 & 6 Step R Behind L, Step L Beside R, Step R to Side
7 – 8 Step L Forward, Touch R Next to L

Part B (16 Count)

S1. SLIDE – DRAG – JUMP BOOTH – ROLLING BODY MOVEMENT

1 Stepping Big R to Side
2 – 4 Drag L Next to R
5 Jump Out
6 – 8 Rolling Body Counterclockwise

S2. SLIDE BACK – SLIDE LEFT – WALK R,L,R,L

1 – 2 Slide R Backward
3 – 4 Slide L to Side
5 – 8 Walk Forward R,L,R, L

Tag (4 count) V Step

1 – 2 Step R to Right Diagonal Forward , Step L to Left Diagonal Forward
3 – 4 Step R Back to Center, Step L Next to R

Enjoy the Dance

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