APT Arena 2024



拍數: 48 牆數: 1 級數: Phrased Beginner

編舞者: Ivy Chan Siew Lin (SG) - December 2024

音樂: APT - Rose & Bruno Mars



Intro: 16 counts

Sequence: AA, BB, AA, BB, AA, Tag, BBB, AAAA

Part A (16 Counts)

[1 - 8] STEP TOGETHER STEP TOUCH (R & L)

1-2-3-4 Step RF to R, Step LF beside RF, Step RF to R, Touch LF next to RF 5-6-7-8 Step LF to L, Step RF beside LF, Step LF to L, Touch RF next to LF

[9 - 16] POINT, HITCH, POINT, HITCH, SIDE TOUCH, HOLD, SIDE TOUCH, SHOULDER PUMPING

1-2-3-4 Touch R Toe to Right, hitch right knee, Touch R Toe to Right, hitch right knee

&5-6 &7&8 Step RF to R, Touch LF next to R, HOLD, Step LF to L, Touch RF next to L, Shoulder Down

(L,R,L)

Part B (32 Counts)

[1 - 8] RIGHT CHASSE, BACK ROCK, RECOVER, LEFT CHASSE, BACK ROCK, RECOVER

1&2 3-4
Step RF to R, Step LF beside RF, Step RF to R, Step LF back, Recover on RF
5&6 7-8
Step LF to L, Step RF beside LF, Step LF to L, Step RF back, Recover on LF

[9 - 16] K STEP WITH CLAP

1-2-3-4 Step RF to R fwd diagonal, touch LF beside RF (Clap), Step LF to L back diagonal, touch RF beside LF (Clap)

5-6-7-8 Step RF to R back diagonal, touch LF beside RF (Clap), Step LF to L fwd diagonal, touch RF beside LF (Clap)

[17 - 24] CROSS POINT, CROSS POINT, ROCKING CHAIR (SHIMMY)

1-2-3-4 Cross RF over LF, point LF to left side, Cross LF over RF, point RF to right side 5-6-7-8 Rock RF fwd, Recover on LF, Rock RF Back, Recover on LF (Shimmy)

[25 - 32] OUT, OUT, IN, IN, SIDE TOUCH BEHIND, SIDE TOUCH BEHIND

1-2-3-4 Step RF diagonally to R, Step LF diagonally to L, Step RF back, Step LF beside RF

5-6-7-8 Step RF to R side, touch LF behind R, Step LF to L side, touch RF behind L

Tag (16 Counts) Facing front wall

[1 - 8] DIAGONAL FWD TOUCH, DIAGONAL FWD TOUCH

1-2-3-4 Step R to R diagonal, drag LF beside RF (Snap Finger) 5-6-7-8 Step L to L diagonal, drag RF beside LF (Snap Finger)

[9 - 16] SIDE HOLD, ROCKING CHAIR (SHIMMY)

1-2-3-4 Step RF to R side, Weight apart, Hold 3 count

5-6-7-8 Rock RF fwd, Recover on LF, Rock RF Back, Recover on LF (Shimmy)

Have Fun & Happy Dancing!!!

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