

Microtic

拍數: 96 牆數: 1 級數: Phrased Improver
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音樂: MIROTIC (Original Version) - TVXQ!



Intro : 16 counts

Sequence : A-A-A-A46-B-A-A

Part A: 48c

S1 . Walk R/L, Kick ball, Side touch L, FWD L

1-2 Walk R/L
3&4 Kick ball R, Step L to Side touch
5-6 Step L fwd, Step R to side touch
7 Step R together
8& Step L fwd, Lock R behind L

S2. FWD L, R back/Hitch, L Coaster step, FWD R, Side touch L, L Together, 1/8 Body turn, Weight L to R

1 Step L fwd
2-3&4 Step R back/Hitch, Step L back, Step R Together, Step L fwd
5-6 Step R fwd, Step L to side touch
7 Step L together
8& Hold, 1/8 Body turn (1:30) weight L to R

S3. Step R, L back, R Coaster step, Walk L/R, Side touch L beside R touch (2X)

1 Step R
2-3&4 Step L back, Step R back, Step L Together, Step R fwd
5-6 Walk L/R
7&8& Step L to side touch, Step L beside R. Step L to side touch, Step L beside R

S4. BWD L/R, L coaster step, Rock&recover. L/R back, prissy walk

1-2 BWD L/R
3&4 Step L back, Step R together step L fwd
5-6-7 FWD R Rock, L Recover, Step R back
8& Step L, Cross R over L

S5. 1/2 Pivot turn, Diagonal Step Look step, Step R to side, L Together, Step R to side L together (2X)

1-2 Step L fwd, Turn 1/2 Right step R in place
3&4 Diagonal Step L fwd, Lock R behind L, Step L fwd (4:30)
5-6 Step R to side, L Together
7&8& Step R to side, L Together (2X)

S6. 1/2 Pivot turn, FWD R Coaster step. BWD L-R-L Prissy walk

1-2 Step R fwd, Turn 1/2 left step L in place
3&4 Step R fwd, L Together, Step L back
5-6-7 BWD L-R-L
8& Step R, Cross L over R

* Step change on wall 4 after 46 count.

5-6-7-8 BWD L/R, Step L, R Together

Part B (48 Count 12:00)

S1. Bouncing your chest from left to right

1-2-3-4 Bouncing chest to the left, To the right, To the left, To the right
5-6-7-8 Bouncing chest to the left, To the right, To the left, To the right

S2. Bend your back & Bounce chest From left to right

1-2-3-4 Bend back&bounce chest to the left, To the right, To the left, To the right
5-6-7-8 Bend back&bounce chest to the left, To the right, To the left, To the right

S3. Heel out, Toe out, Hold (2X), Toe in, Heel in, Toe in

1-2-3-4 While standing up Heel out, Toe out, Hold, Hold
5-6-7-8 Toe in, Heel in, Toe in, Heel in

S4. FWD Walk R/L, R kick ball, L Back touch, FWD L, Step R back, L together, Step R to side, L touch, open feet and jump, RF Heel in

1-2 FWD R/L
3&4 Kick ball R, Step L back touch
5-6& FWD L, Step R back, L together
7&8& Step R to side, L touch, open feet and jump, RF Heel in

S5. Step R, Heel in (2X), Hold (2X), Step L, Step R back, Step L, R touch

1&2& Step R, Heel in, Step R, Heel in
3-4 Step R Hold, Hold
5-6 Step L, Step R back
7-8 Step L, R touch

S6. FWD R, Step L to side, Step R, FWD L, Step R to side, L touch, Step L to side, BWD R/L, Prissy walk

1-2& FWD R, Step L to side, Step R in place
3-4& FWD L, Step R to side, L touch
5-6 Step L to side, BWD R
7-8& BWD L, Step R, Cross L over R
