

拍數: 96 牆數: 2 級數: Phrased Low Improver
 編舞者: Joan Morro (ES) - February 2025
 音樂: APT. - ROSÉ & Bruno Mars



Sequence: ABC ABC AB'C CC AA

PART A

[1-8] WALK FWD 3 & KICK WALK BWD & TOUCH

1-4 RF Step fwd, LF Step fwd, RF Step fwd, LF Kick Fwd
 5-8 LF Step bwd, RF step Bwd, LF Step bwd, RF touch near LF

[9-16] POINT, TOUCH, STEP SIDE, TOUCH, POINT, HOLD, HIP BUMP X 2

1-4 RF Point Side, RF Touch near LF, RF Step side R, LF Touch near RF
 5-6 LF Point Side L, Hold
 7-8 Hip bump right x 2

[17-24] WALK FWD 3 & KICK WALK BWD & TOUCH

1-4 LF Step fwd, RF Step fwd, LF step fwd, RF Kick Fwd
 5-8 RF Step bwd, LF Step Bwd, RF Step Bwd, LF Touch near RF

[25-32] POINT, TOUCH, STEP SIDE, TOUCH, POINT, HOLD, SHIMMY X 2

1-4 LF Point side L, LF Touch near RF, LF Step side L, RF Touch near LF
 5-6 RF Point side R, Hold
 7-8 Shimmy x 2

PART B

[1-8] HEEL TOUCH FWD X 2 (R&L), OUT OUT, CLAP, IN IN, CLAP

1-4 RF Heel Touch fwd, RF step in center, LF Heel Touch fwd, LF Step in center
 &5-6 RF Step fwd slightly diagonal R, LF Step fwd slightly diagonal L, Clap
 &7-8 RF Step bwd return center, LF Step Bwd Return Center, Clap

[9-16] JAZZBOX CROSS, STOMP, HOLD, HEEL STOMP X 2

1-4 RF Cross over LF, LF step bwd, RF Step side, LF Cross Over RF
 5-6 RF Stomp side R, Hold
 7-8 BF Heels Stomp x 2

[17-24] HEEL TOUCH FWD X 2, TOE TOUCH BWD X 2, HEEL TOUCH FWD & FLICK X 2

1-4 LF Heel Touch fwd, LF Heel touch fwd, LF Toe touch bwd, LF Toe touch bwd
 5-8 LF Heel Touch Fwd, LF Flick, LF Heel Touch fwd, LF Flick

[25-32] STEP FWD, HOLD, ¼ TURN R, HOLD, MAMBO CROSS WITH ¼ TURN R, HOLD

1-4 LF Step Fwd, LF Hold, RF ¼ turn R & recover weight, RF Hold (3.00)
 5-8 LF Step fwd, RF ¼ turn right recover weight, LF Cross over RF, Hold (6.00)

PART C

[1-8] MAMBO CROSS & HOLD X 2

1-4 RF Rock side R, LF Recover, RF Cross Over LF, Hold
 5-8 LF Rock side L, RF Recover, LF Cross Over RF, Hold

[9-16] SHUFFLE DIAGONAL, HOLD, MAMBO FWD & SLIDE

1-4 RF Step fwd diagonal R, LF Step fwd near RF, RF Step Fwd, Hold (7:30)
 5-8 LF Rock Fwd, RF Recover, LF slide bwd, RF drag towards LF

[17-24] COASTER STEP, HOLD, STEP FWD, 3/8 TURN R, HOLD

1-4 RF step bwd, LF Step bwd near RF, RF Step fwd, hold
5-8 LF step fwd, RF 3/8 turn Right recover weight, LF Step Fwd, Hold (12:00)

[25-32] K STEP

1-4 RF Step fwd slightly diagonal R, LF touch near RF, LF step back to center, RF touch near LF
5-8 RF Step bwd Slightly diagonal R, LF touch near RF, LF Step fwd to center, RF touch near LF

PART B' AFTER THE THIRD TIME WE DO PART A, WE WILL DO THIS MODIFIED B

[1-8] HEEL TOUCH FWD X 2 (R&L), OUT OUT, CLAP, IN IN, CLAP

1-4 RF Heel Touch fwd, RF step in center, LF Heel Touch fwd, LF Step in center
&5-6 RF Step fwd slightly diagonal R, LF Step fwd slightly diagonal L, Clap
&7-8 RF Step bwd return center, LF Step Bwd Return Center, Clap

[9-16] JAZZBOOX WITH ¼ TURN R X2

1-4 RF Cross over LF, LF Step bwd , RF step fwd with ¼ turn R, LF Step fwd (3:00)
5-8 RF Cross over LF, LF Step bwd, RF Step Fwd with ¼ turn R, LF Step fwd (600)

Choreographer note: in part A on counts (15-16) and (31 and 32) the song says Uh-uhu, sing them out loud while doing the movement. We will also do it in counts (15-16) of Part B

**Enjoy and Remeber
UH-UHU**
