

Strong Baby

拍數: 64 牆數: 2 級數: Intermediate
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音樂: Strong Baby - BIGBANG : (CD: Seung Ri Solo)



Intro: Start after singing "Show'em what you got bro," approx 30 sec.

Touch Behind, Hand Movement, Unwind 1/2 turn L, Step, Tap Hitch Step

- 1 Touch L behind R, Left elbow bend with fist pointing to R, R elbow on the top of L fist with index finger pointing up
- 2-4 Turn index finger CCW
- 5 Unwind 1/2 L (6:00)
- 6-7 L point back, L step beside R
- 8& R tap; hitch

Body Circle, Weave, 1/4 turn L

- 1 R step to R side
- 2-4 Bend both knees with shoulder circle R up, down to L up
- 5&6 R step behind L, L step side, R across L (weave step)
- 7-8 L point to L side, turn 1/4 L (weight on centre) (3:00)

Hands Move Up, Down With Body Sit, Together, Forward, 1/2 Turn L, R Kick Ball Forward

- 1-4 Body sit slowly, Raise both hands with palms face forward, go down from head to waist
- &5-6 L step beside R, R step forward, 1/2 turn Left (9:00)
- 7&-8 R kick forward, R step together, L step forward

Arm Movement, 1/4R, Step Slide, Together, Forward 1/2 L

- 1 L elbow bend hold a fist pointing to R, R arm with fist stretch forward under L arm
- 2-4 Swing R arm, continue swinging R arm forward and then up, turn 1/4 R (12:00)
- &5-6 L step beside R, R foot big step slide to R, L step beside R
- 7-8 Step R forward, 1/2 turn L and step (6:00)

Kick Out Out, Hip Roll, Step, Hip Roll, Step, Scissor 1/8 L

- 1&2 R kick forward, Step to R, L step to L ****(34 counts)
- 3-4 Hip roll (L to R)
- &5-6 L step beside R, step R to R , hip roll (L to R)
- &7-&8 L step beside R, R step to R, L beside R, step R across L turn 1/8 L (4:30)

Walk With Heel lift In Zigzag

- 1-2 Turn 1/4 L and step forward with R heel up, R step forward with L heel up (1:30)
- 3-4 L step forward with R heel up, R step forward with L heel up
- 5-6 Turn 1/4 L and step forward with R heel up, R step forward with L heel up (10:30)
- 7-8 L step forward with R heel up, R step forward with L heel up

Step Across Side, Step Across Side 1/4 L, Weave, Hold

- &1-2 L step and 1/8 L (9:00), R across L, L step to L
- &3-4 R step R, L across R and turn 1/4 L, R step to R (6:00)
- 5&-6& L step to L, R across L, L step to L, R step behind L
- 7-8 L step to L with R heel up, hold

Heel Step, Side, Together, Side, Together, Slide, Step

- 1-2 R heel step down with L heel up, L heel step down with R heel up
- 3-4 R heel step down with L heel up, L heel step down with R heel up

5&-6& Step R to R, L step together, step R to R, step L together
7-8 R big step to R with L arm stretch swinging from L side up and swing down, L step beside R
with L hand stretch straight move from L side up and down
& Step R to R side

RESTART: At wall 3, After 48 counts, (zigzag walk) facing 10:30, weight on R, Step L behind R and turn to front wall (this is count 1)

TAG: At wall 5, After 32 counts, Stomp R together, L palm up and facing 3:00, L arm cross over chest, R arm with fingers, Stretch throw from R side and up, down under L hand

Ending Pose: After 34 counts (Kick Out Out), hold 3, 4, Hold R fist near the chin, Swing arm out forward with fingers open
