

Regret

拍數: 64 牆數: 4 級數: Phrased Beginner
編舞者: Tina Chen Sue-Huei (TW) - September 2011
音樂: Regret (후회) - Jo Sung Mo (조성모)



Sequence of dance: Tag-1 Tag-2 ABAB/ABA Tag-2x2/B 4-count/ABA
Dance starts from vocal
Special thanks to Sally Hung for helping to write out the step sheet.

TAG-1 (16 counts x 4 /12:00, 9:00, 6:00, 3:00)

CROSS CHA CHA - HITCH x 2

- 1-2 Cross right over left, step left to left side
- 3-4 Cross right over left, hitch left
- 5-6 Cross left over right, step right to right side
- 7-8 Cross left over right, hitch right

CROSS CHA CHA - HITCH x 2 1/4 TURN LEFT

- 1-2 Cross right over left, step left to left side
- 3-4 Cross right over left, hitch left
- 5-6 Cross left over right, step right to right side
- 7-8 Cross left over right, 1/4 turn left, hitch left

TAG-2 (16 counts)

- 1-2 Step right diagonally forward to right corner, step left in place
- 3-4 Step right backward behind left, step left in place
- 5-6 Step right diagonally forward to right corner, step left in place
- 7&8 Step right back, step-close left to right, step right forward

- 1-2 Step left diagonally forward to left corner, step right in place
- 3-4 Step left backward behind right, step right in place
- 5-6 Step left diagonally forward to left corner, step right in place
- 7&8 Step left back, step-close right to left, step left forward

4-count Pose after wall 8.

SECTION A (32 counts)

I. RUMBA WALK FORWARD RLR, JAZZ BOX

- 1-2 Walk right forward, hold
- 3-4 Walk left forward, hold
- 5-6 Step right forward, cross left over right
- 7-8 Step right back, step left to left side, touch right together

II. SIDE, DRAG, ROCK STEP BACK, SIDE, DRAG, ROCK STEP BACK

- 1-2 Right foot step right side, left foot drag next to right foot
- 3-4 Rock back on left foot, rock forward on right foot
- 5-6 Left foot step left side, right foot drag next to left foot
- 7-8 Rock back on right foot, rock forward on left foot

III. RIGHT HIP BUMP; LEFT HIP BUMP; ROCK FORWARD, RECOVER

- 1-2 Bump right hip diagonally forward to right corner, step forward on right
- 3-4 Bump left hip diagonally forward to left corner, step forward on left
- 5-6 Step right forward, recover back on left
- 7&8 Step right back, recover back on left

IV. ROCK RIGHT TO LEFT, PIVOT 3/4 CIRCLE

1-8 Weight on left, rock right to right side, rock back to left, doing 4 times and pivot to 3/4 circle

SECTION B (32 counts)

I. BOX STEPS

1-2 Step right to right side, step left together

3-4 Step right back, touch left together

5-6 Step left to left side, step right together

7-8 Step left forward, hold

II. SYNCOPATED SIDE ROCKS R-L, BEHIND, 1/4 TURN R, FWD, FWD, HOLD

1-2 Rock right foot to the right, recover on left foot

&3-4 Step right foot next to left foot, rock left to left, recover on right foot

5-8 Step left behind right foot, turn 1/4 right, step forward on right foot, step forward on left foot, hold

III. WALK BACK, HOLD, WALK BACK, HOLD, FORWARD, 1/2 TURN RIGHT, BACK, BACK, HOLD

1-2 Stepping back on right foot, hold (back walk)

3-4 Stepping back on left foot, hold (back walk)

5-6 Step forward on right foot, turn 1/2 right step back on left (weight onto left)

7-8 Step back on right foot, hold (weight onto right foot)

IV. RUMBA WALK FORWARD RLR , 1/2 TURN LEFT, STEP, TOUCH

1-2 Walk right forward, hold

3-4 Walk left forward, hold

5-6 Step left forward, make 1/2 turn left, step right in place

7-8 Step forward on left, touch right to right side

Ending facing 12:00

Have fun!!

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