

Kara Step

拍數: 64 牆數: 2 級數: Intermediate
編舞者: John Ng (SG) - November 2011
音樂: Step - KARA



Sequence: 16 counts, Intro, 4 counts pose (count in to main dance), 64, 48, 48, 64, 64, 64, ending, final pose

Intro and ending (La la la la la part)

Funky Hip Rolls (Feet at shoulder width apart)

1& Roll hips counter-clockwise as you bend both knees slightly
2 Straighten up
3-8 Repeat 3 more times

(Styling: leave both arms at side)

Funky Hip Rolls (Feet at shoulder width apart)

1& Roll hips counter-clockwise as you bend both knees slightly
2 Straighten up
3-8 Repeat 3 more times

(Styling: While doing the above 8 counts, straighten both arms forward with right palm over left hand)

Main Dance

CROSS & HEEL, & CROSS, SCUFF, R HEEL BOUNCE X4

1&2 Cross right over left, step left to left, touch right heel forward diagonally right
&3-4 Replace right beside left, cross left over right, scuff right to right
5-8 Step right to right bounce right heel 4 times (weight ends on right)

WEAVE TO R, ¼ R, PIVOT ½ R, WALK L-R, FORWARD, DRAG

1&2& Cross left over right, step right to right, step left behind right, ¼ turn right step forward on right
3-4 Step forward on left, pivot ½ turn right
5-6 Step forward on left, step forward on right
7-8 Step forward on left, drag right toe towards left foot

HEEL SWITCHES, & FORWARD, TOUCH, BACK SHUFFLE, ½ R, ¼ R

1&2& Touch right heel forward, step right beside left, touch left heel forward, step left beside right
3-4 Step forward on right, touch left toe forward
5&6 Step back on left, lock right over left, step back on left
7-8 ½ turn right step forward on right, ¼ turn right step left to left

BEHIND SIDE CROSS, L SIDE ROCK, BEHIND SIDE CROSS, ¼ L, SIDE

1&2 Step right behind left, step left to left, cross right over left
3-4 Rock left to left, recover onto right
5&6 Step left behind right, step right to right, cross left over right
7-8 ¼ turn left step back on right, step left to left (feet are now shoulder width apart)

BODY ROLL DOWN, BUTT ROLL UP

1-4 Body roll from top to bottom into a dip position
5-8 Push butt back out, as upper body leans forward, then straighten up
(Easy option: Sway to right over counts 1-4, sway to left over counts 5-8)

BODY ROLL ¼ R, BACK ROCK, WALK R-L

1-4 Body roll ¼ turn right transfer weight to left
(Easy option: Roll hips clockwise over counts 1-4 making ¼ turn right)
5-6 Rock back on right, recover onto left

7-8 Step forward on right, step forward on left

SIDE, DRAG, ROLLING L VINE

1-4 Step right to right, drag left toe to right foot over 3 counts

5-8 ¼ turn left, step forward on left, ½ turn left step back on right, ¼ turn left step left to left, touch right beside left

DIP AND POINT R, SLIDE R TOE TO L, FORWARD, TOGETHER, BACK, JUMP OPEN

1-4 Point right toe to right and bend left knee, drag right toe towards left foot over 3 counts as you straighten left knee

(Easy option: If unable to bend left knee, just do the point and drag only)

5-6 Step forward on right, step left beside right

7-8 Step back on right, jump open with feet apart on the spot

(Easy option: If unable to jump, just step left beside right)

REPEAT

RESTART: On wall 2 and 3, dance to count 48, then restart dance.

Note: For the pose after the intro, it's actually the count in to main dance. For both pose, just do whatever you like. Watch my video for additional styling.

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