

Gangnam Style

COPPERKNOB
STEPSHEETS

拍數: 184 牆數: 1
編舞者: Mayee Lee (MY) - September 2012
音樂: Gangnam Style - PSY

級數: Phrased Easy Intermediate - K-Pop



Intro: Start after 32 counts - Sequence of dance : ABC ABC A- Tag C- Ending

Part A (64 counts)

Sec A1: : Side, Recover, Side, Recover, Cross, Touch, Back, Jump Feet Apart

1 2 3 4 Rock Rt to Rt(1), recover on Lt(2), rock Rt to Rt(3), recover on Lt(4)

(hand styling :hold fist raise elbow at shoulder level, open both arms out, in, out, in(1-4))

5 6 7 8 Cross Rt over Lt(5), touch Lt to Lt(6), step Lt back(7), jump feet apart(8) 12.00

Sec A2: : Out, Out, Knee Clap, Hip Bump RLRL

1 2 3 4 Step Rt out(1), step Lt out(2), clap both knees together(3), straighten both knees(4)

5 6 7 8 Bump hip to R L R L(5-8) 12.00

Sec A3: : Paddle ¼ Turn L (x3), Together, Chest Bump, ¼ Turn L Touch

1 2 3 4 Weight on Lt ¼ turn L touch Rt to Rt(1)(9.00), ¼ turn L touch Rt to Rt(2)(6.00), ¼ turn L touch Rt to Rt(3)(3.00), slightly jump Rt together Lt(4) 3.00

5 6 7 8 Chest bump 3 times(5-7), ¼ turn L touch Rt to Rt & weight on Lt(8) 12.00

Sec A4: : Cross, Touch, Cross, Touch, Back, Back, Back, Touch

1 2 3 4 Cross Rt over Lt(1), touch Lt to Lt(2), cross Lt over Rt(3), touch Rt to Rt(4)

(hand styling:raise both arms from bottom to top from sideways(1-2), move arms down from top to bottom from sideways(3-4))

5 6 7 8 Step back R L R(5-7), touch Lt beside Rt(8) 12.00

Sec A5 - Sec A8 : Sec 5 To 8 are the Mirror Set (opposite) from Sec 1 to 4 (Part A)

(Sec 1 to 4 are start from Rt foot)

(Sec 5 to 8 are start from Lt foot)

Part B (56 counts)

Sec B1: Walk Forward R L , Knee Out In Out, Body Roll x2

1 2 3&4 Step forward R L(1-2), touch Rt out to diagonally R wiggle Rt knee out, in, out(3&4)

(hand styling : hold L fist raise elbow at shoulder level wiggle Lt elbow out, in, out(3&4))

5 6 7 8 Body roll diagonally R twice(5-8) 12.00

Sec B2: Forward, Pivot 1/4 Turn L, , Step, Touch, ¼ Turn L, Side, Hold x2

1 2 3 4 Step Rt forward(1), pivot ¼ turn L step on Lt(2)(9.00), step Rt to Rt(3), touch Lt beside Rt(4) 9.00

5 6 7 8 ¼ turn L step Lt forward(5)(6.00), step Rt to Rt(6), hold x2(7-8) 6.00

(hand styling : raise both arms up & down(7-8))

Sec B3: Penguin Move ¼ Turn L (x2), Pop L Knee, Hold, Pop R Knee, Hold

1 2 3 4 Step Rt forward(1), ¼ turn L step on Lt(2)(3.00), step Rt forward(3), ¼ turn L step on Lt(4) (12.00)

(hand styling : when you do the Penguin move, straighten both hands & knees) 12.00

5 6 7 8 Pop Lt knee(5), hold(6), pop Rt knee(7), hold(8) 12.00

Sec B4: Walk Forward R L, Forward, Pivot ½ Turn L (x 2), Out, Out

1 2 3 4 Step forward R L R(1-3), pivot ½ turn L step Lt forward(4) 6.00

5 6 7 8 Step Rt forward(5), pivot ½ turn L step Lt forward(6)(12.00), step Rt out(7), step L out(8) 12.00

Sec B5: Bounce Both Knees With Toes Up (x8)

&1&2&3&4 Slightly bend both knees(&), straighten both knees with toes lift up(1), repeat 3 times

&5&6&7&8 Repeat &1 to &4 12.00

(hand styling : point Rt hand forward(1), point Lt hand forward(2), point Rt hand up(3), point Lt hand up(4), put both hands behind ears(5), put both hands by side(6), cross Rt hand down(7), cross Lt hand down(8))

Sec B6: : Run On Spot (x7 Start From R), Jump Both Feet Apart

1 – 7 Small run on spot with shoulder shake R L R L R L R(1-7)

8 Jump feet apart & face down(8) 12.00

Sec B7: : Hold (x8)

1 - 8 Hold 8 counts

Part C (64 Counts)

Sec C1: : Bounce R L R R, Bounce L R L L

1 2 3 4 Bounce on R L R R(1-4)

5 6 7 8 Bounce on L R L L(5-8) 12.00

(hand styling : hold both fists wiggle down up down down & cross in front at waist level(1-4), Hold both fists wiggle up down up up & cross in front of waist level(5-8))

Sec C2: : Bounce R L R R, Bounce L R L L

1 2 3 4 Bounce on R L R R(1-4)

5 6 7 8 Bounce on L R L L(5-8) 12.00

(hand styling : hold Lt fist & raise up elbow at chest level, hold Rt fist up & roll your fist anti- clockwise(1-4), repeat the same hand movement for (5-8))

Sec C3: : Repeat Part C (Section 1) 12.00

Sec C4: : Repeat Part C (Section 2) 12.00

Sec C5: : Repeat Part C (Sec 1), first step ¼ turn R bounce Rt to Rt 3.00

Sec C6: : Repeat Part C (Sec 2), first step ¼ turn R bounce Rt to Rt 6.00

Sec C7: : Repeat Part C (Sec 1), first step ¼ turn R bounce Rt to Rt 9.00

Sec C8: : Repeat Part C (Sec 2), first step ¼ turn R bounce Rt to Rt 12.00

Tag (8 counts)

1 - 8 Hold 8 counts

(hand styling : straighten both hands & face down(1-4), hold Lt fist & raise up elbow at shoulder level, hold Rt fist up & roll your fist anti-clockwise(5-8))

Ending (4 counts)

1 – 4 Step Rt to Rt(1), Kick Lt to diagonally R(2), step Lt to Lt(3), bend Lt knee, stretch Rt Leg & pose(4)

Note : Please enjoy the dance with your own attitude & hand styling or refer to my demo on Youtube site

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