

Gangnam Sexy Lady

COPPER KNOB
STEPSHEETS

拍數: 56
編舞者: GS Ang (MY) - September 2012
音樂: Gangnam Style - PSY

牆數: 4

級數: Phrased Beginner



Start the dance after 32 counts. - Sequence of dance : AAA/B/AAAAA/B/AAA/Tag/A/ending

SECTION A - 32 counts

RIGHT VINE, TOUCH, HIP BUMPS

- 1-2 Step right to right side, cross left behind right
- 3-4 Step right to right side, touch left together
- 5-8 Stepping left to left side bump hips LRLR (cross and move wrists up & down)

LEFT VINE, TOUCH, TOUCHES

- 1-2 Step left to left side, cross right behind left
 - 3-4 Step left to left side, touch right together
 - 5-6 Touch right to right side, touch right together
 - 7-8 Touch right to right side, touch right together
- (5-8 : stretch hands out to respective sides and bring them in together – out/in/out/in)

ROCKING CHAIR 1/4 TURN RIGHT, CROSS, POINT, CROSS, POINT

- 1-2 Rock right forward, recover onto left
- 3-4 1/4 turn right rock right back, recover onto left
- 5-6 Cross right over left, point left to left side
- 7-8 Cross left over right, point right to right side

WALK FORWARD RLR, KICK, WALK BACKWARD LRL, TOUCH

- 1-3 Walk forward on RLR
- 4 Kick left forward
- 5-7 Walk backward on LRL
- 8 Touch right together

SECTION B - 24 counts

RIGHT MAMBO, HOLD, LEFT MAMBO, HOLD

- 1-2 Rock right to right side, recover onto left
- 3-4 Step right together, hold
- 5-6 Rock left to left side, recover onto right
- 7-8 Step left together, hold

(With elbows at shoulder level, swing both forearms to the sides. When stepping together, swing both to the front to touch each other)

SMALL QUICK STEPS BACKWARD, JUMP

1&2&3&4&5&6&7 Stepping on the spot RLRLRLRLRLRLR in sync with the music.

(Raise both hands sideways and slowly to above the head.)

- 8 Jump with feet apart slashing both hands downwards and sideways in an inverted V.

HOLD X 8 COUNTS

- 1-8 Hold for 8 counts with head dropped forward.

TAG:

- 1-8 Bend and straighten knees x 4 while moving right fist forward and back like knocking on a door.

Ending:

1-4 Right rolling vine on RLR, point left toes to left side stretching both arms in a slant.

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