

Step

拍數: 52 牆數: 4 級數: Intermediate
編舞者: Pooi Kuan (MY) - September 2012
音樂: Step - KARA



INTRO & ENDING (20 Counts)

Intro : After first 16 counts, dance when the singer sings "la la la la la..."

Ending : Dance 3 rounds of all walls, At 9:00, turn ¼ R facing 12:00 and do ending part.

Hip Circles High & Low

1,2 Bend knees and do a low big hip circle clock-wise
3,4 Straighten knees and do small hip circles clock-wise
5,6 Repeat Steps 1,2
7,8 Repeat Steps 3,4

Hip Circles, Hop, Pussy Walk Forward

1,2 Bend knees and do a low big hip circle clock-wise
3,4 Straighten knees and do half hip circles clock-wise, Hop on both legs
5-8 Pussy Walk forward on R,L,R,L

1-4 Step RF beside LF, Pose & Hold

DANCE

Section 1 : Hitch, Point, Hitch, Point, Touch & Point, Touch, Walk back

1&2 Hitch RF, Step RF beside LF, Touch L toe to L side
3&4 Hitch LF, Step LF beside RF, Touch R toe to R side
&56 Touch RF beside LF, Touch R toe to R side, Touch RF beside LF
78 Step RF back, Step LF back (12:00)

Section 2 : Step , Touch, Step, Touch, Bounce, Bounce

1,2 Step RF to R side, Touch LF behind RF
3,4 Step LF to L side, Touch RF behind LF
5&6 Step RF forward diagonally, Step on ball of LF beside RF, Step RF beside LF
7&8 Step LF forward diagonally, Step on ball of RF beside LF, Step LF beside RF (12:00)

Section 3 : Toe Switches with ¼ Turn R, Cross, Point, Cross Point

1&2& Touch R toe forward, Step RF beside LF, Touch L toe forward, Step LF beside RF
3&4& Turn ¼ R & Point R toe forward, Step RF beside LF, Point L toe forward, Step LF beside RF
5,6 Cross RF over LF, Touch L toe to L side
7,8 Cross LF over RF, Touch R toe to R side (3:00)

Section 4 : Side Rock Recover, Sway, Forward Rock Recover, Sway

1,2 Rock RF in place, Recover on LF
3,4 Step RF beside LF & Sway hips R,L
5,6 Rock RF forward, Recover on LF
7,8 Step RF beside LF & Sway hips R,L (3:00)

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