

The Boys

拍數: 148 牆數: 0 級數: Phrased High Improver
編舞者: Wendy Loh (MY) - June 2012
音樂: The Boys - Girls' Generation



Sequence : A B A B A Tag B+ A

PART A (4x8 counts)

Section A1 : Walk forward 4x, Step R & Sway, Touch, Monterey Turn ¼ R, Hold

1-4 Step RF forward, Step LF forward, Step RF forward, Step LF forward,
5,6 Step RF to R & sway body to R, Transfer weight to LF & touch RF in place
7,8 Turn ¼ R on LF & step RF beside LF & touch LF beside RF, Hold

Section A2 : Hip Drops, Turn ¼ L with hitch, Walk back 4x

1-4, Lift L hip, Drop L hip, Lift L hip, Turn ¼ L on RF with L knee hitched
5-8 Step LF back, Step RF back, Step LF back, Step RF back

Section A3 : Hip Drops

1-4 Lift L hip, Drop L hip, Lift L hip, Drop L hip
5-8 Repeat 1-4

Section A4 : Body sway to L then R, Turn ¼ R Pose & Hold

1,2 Step LF to L & sway body to L
3,4 Sway body to R
5-8 Turn ¼ R & Step LF to L, Pose & Hold for 3 counts.

PART B (9x8 counts)

Section B5 : Body Roll, Sway Body R,L

1-4 Step RF forward & bend body down, Slowly roll body up again over 3 counts
5,6 Turn body ¼ L, sway body to R & Push R hip out
7,8 Sway body to L & push L hip out

Section B6 : Walk forward 2x, Kick, Hook, Hip bumps R,L,R,L

1,2 Step RF forward, Step LF forward,
3,4 Kick RF diagonally forward to R, Hook RF over LF
5-8 Step RF to R & push R hip to side, Push L hip to side, Push R hip, Push L hip

Section B7 : Step, ½ R, Step, ½ R, Skate R then L, Shuffle

1-4 Step RF forward, Turn ½ L, Step RF forward, Turn ½ L
5,6 Skate RF forward, Skate LF forward
7&8 Shuffle RF,LF,RF to diagonally R

Section B8 : Skate L then R, Shuffle, Hitch, Step, Hitch Step

1,2 Skate LF forward, Skate RF forward
3&4 Shuffle LF, RF, LF to diagonally L
5,6 Hitch R knee towards L, Step RF beside LF
7,8 Hitch L knee towards R, Step LF beside RF

Section B9 : Step, Step, Twist, Step Turn ½ ,Twist

1,2 Step RF to R, Step LF beside RF
3&4 Step RF to R with both heels turn out to R, Move heels to L, Move heels to R
5,6 Turn ¼ L & Step LF forward, Turn ¼ L & Step RF to R
7&8&& Move heels turn out to R, Move heels to L, Move heels to R, Move heels to L

Section B10 : Toe struts, Kick Ball Cross, Knee Pop

- 1-4 Facing diagonally towards L (4:30) Touch R toe, Step RF in place, Touch L toe, Step LF in place
5&6 Facing 6:00 wall, Kick RF forward, Ball Step RF, Cross LF over RF
7&8 Step RF to R & Pop R knee in, Pop R knee out, Pop R knee in

Section B11 : Cross Point 2x, Jazz Box Cross

- 1-4 Cross RF over LF, Point LF to L, Cross LF over RF, Point RF to R
5-8 Cross RF over LF, Step LF back, Step RF to R, Cross LF over RF

Section B12 : Right Mambo, Left Mambo, Step & Drag

- 1&2 Rock RF to R, Recover on LF, Step RF beside LF
3&4 Rock LF to L, Recover on RF, Step LF beside RF
5-8 Make big step RF to R, Slowly drag LF to RF

Section B13 : Turn ½, Step & Drag, Step & Drag, Step

- 1-4 Turn ½ L on RF & Step LF to L & Touch RF to R, Hold for 3 counts
5-7 Step RF in place, & Slowly drag LF to RF over 2 counts
8 Step LF beside RF

PART B+ : Do Section B5 to B12, Repeat Section B12 then continue to Section B13 (10x8 counts)

TAG (5x8 counts)**Section T14 : Stomp in place, Lunge, Hold**

- 1-4 Stomp in place RF, LF, RF, LF
5-8 Do a Side Lunge with L knee bent & R leg straighten to R side, hold for 3 counts

Section T15 : Slide up, Stomp in place

- 1-4 Slowly straighten L knee and slide RF to LF
5-8 Stomp in place, RF, LF, RF, LF

Section T16 : Poses

- 1-8 Do 4 different poses over 8 counts

Section T17 : Skate R, L, Shuffle, Skate L, R, Shuffle

- 1,2 Skate RF forward, Skate LF forward
3&4 Shuffle RF,LF,RF to diagonally R
5,6 Skate LF forward, Skate RF forward
7&8 Shuffle LF, RF, LF to diagonally L

Section T18 : Knee Hitch, Step, Knee Hitch, Step, Jazz Box

- 1,2 Hitch R knee towards L, Step RF beside LF
3,4 Hitch L knee towards R, Step LF beside RF
5-8 Cross RF over LF, Cross LF over RF, Step RF back, Step LF to L

Section T19 : Turn ¼ R, Step, Hold

- 1-4 Turn ¼ R & Step RF to R, Pose & Hold

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