

Gangnam Slide

拍數: 180 牆數: 1 級數: Phrased Beginner
編舞者: Roly Ansano (USA) - February 2013
音樂: Gangnam Slide by NamuKagemaruDragon



Seq: A B D E F G - B1 B2 C E F G - D T G

Intro: 32 counts after the word 'funky'

Note: Thanks to Psy and DJ Casper for the key steps and core music.

Part A (32): HAND CLAPS

1-32 Clap hands 32x with the rhythm

Part B (32): VINES, HOPS, STOMPS, ROCK-AND-BACK

1-4 Step R to side, cross L behind R, step R to side, touch L together
5-8 Step L to side, cross R behind L, step L to side, touch R together
9-12 Walk back R, L, R, hold
13-16 Jump forward on both feet, hold
17-20 Jump forward on both feet, hold
21-24 Stomp R forward, step on R, hold
25-28 Stomp L forward, step on L, hold
29-32 Rock R forward, recover to L, step R back, hold

Part B1 and Part B2 : VINES, HOPS, STOMPS, ROCK-AND-BACK

1-32 Same step pattern as Part B. Listen to the music for changes in the number of hops or stomps.

Part C (32): SLIDES, CRISS-CROSS JUMPS, STOMPS

1-4 Big step L to side on two counts, slide R together, hold
5-8 Big step R to side on two counts, slide L together, hold
9-12 Jump and land on R crossed over L, unross jump on feet apart, hold
13-16 Jump and land on R crossed over L, uncross jump on feet apart, hold
17-20 Stomp R forward twice, step on R, hold
21-24 Stomp L forward twice, step on L, hold
25-32 Repeat 17-24

Part D (32): SHRINK DOWN, STRETCH UP, HOP

1-16 Bend knees and gradually lower body to squat position
17-28 Straighten up gradually to upright position
29-32 Jump forward on both feet, hold

Part E (20): TREADMILL RUNS, HAND CLAPS, FREEZE

1&-8& Run in place stepping R-L, 8x
9-16 Clap hands 8x with the rhythm
17-20 Hold

Part F (32): GALLOP, RODEO, GALLOP, RODEO

1-2 Rise on ball of L and hitch-step R, rise on ball of R and hitch-step L
3-4 Rise on ball of L and hitch-step R twice
5-6 Rise on ball of R and hitch-step L, rise on ball of L and hitch-step R
7-8 Rise on ball of R and hitch-step L twice
9-32 Repeat 1-8, three times

Styling:

1-8 & 17-24 Hold hands forward across chest, right over left

9-16 & 25-32 Leave left hand in place, whirl imaginary lasso with right hand

Part G (32): BOUNCE, GRIND, GALLOP, BOUNCE, GRIND, GALLOP

1-4 Bounce knees slightly forward four times

5-8 Swing hips to left and roll them around twice

9-16 Repeat 1-8, Part F

17-32 Repeat 1-16

Styling:

1-4 Point left hand forward and sweep arm horizontally to left

17-20 Point right hand forward and sweep arm horizontally to right

Part T (8-count TAG): Repeat 1-8, Part F

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