

PSY-Cho

拍數: 32 牆數: 4 級數: Improver - Funky Fun
編舞者: Bettina "Betti" Drescher (DE) - November 2012
音樂: Gangnam Style - PSY



[1 – 8] Hitches

- 1 & Hitch right knee – step on RF (&)
- 2 & Hitch left knee – step on LF (&)
- 3 & Hitch right knee – touch RF beside LF (&)
- 4 & Hitch right knee – step on RF (&)
- 5 & Hitch left knee – step on LF (&)
- 6 & Hitch right knee – step on RF (&)
- 7 & Hitch left knee – touch LF beside RF (&)
- 8 & Hitch left knee – step on LF (&)

[9 – 16] Apple Jacks R/L/R/R/L/R/L/L

- 1 & Lift left heel + right toe and turn both feet to right side – both feet back to center (&)
- 2 & Lift right heel + left toe and turn both feet to left side – both feet back to center (&)
- 3 & Lift left heel + right toe and turn both feet to right side – both feet back to center (&)
- 4 & Lift left heel + right toe and turn both feet to right side – both feet back to center (&)
- 5 & Lift right heel + left toe and turn both feet to left side – both feet back to center (&)
- 6 & Lift left heel + right toe and turn both feet to right side – both feet back to center (&)
- 7 & Lift right heel + left toe and turn both feet to left side – both feet back to center (&)
- 8 & Lift right heel + left toe and turn both feet to left side – both feet back to center (&)

[17 - 24] Side Shuffle R/L – Jazzbox With ¼ Turn R

- 1 & Step RF to right side – step LF beside RF (&)
- 2 Step RF to right side
- 3 & Step LF to left side – step RF beside LF (&)
- 4 Step LF to left side
- 5 Cross RF over LF
- 6 Make ¼ turn right and step back on LF (3.00)
- 7 Step RF to right side
- 8 Step LF beside RF (weight is on LF)

[25 – 32] Dorothy Steps R/L – Sprinkler (Arm-Movement)

- 1 Step RF diagonally forward to right side
- 2 & Cross LF behind RF – step RF diagonally forward to ride side
- 3 Step LF diagonally forward to left side
- 4 & Cross RF behind LF – step LF diagonally forward to left side
- 5 – 8 Put you left hand into your neck, straight right arm to right side (pump with your chest down and up) and move your right arm in front on four counts (like a sprinkler)

Tag1: After 3th wall and 8th wall

[1 – 8] Arm-Movement

- 1 & Punch right arm in front & back to center
- 2 & Punch left arm in front & back to center
- 3 & Punch right arm above your head & back to center
- 4 & Punch left arm above your head & back to center
- 5 & Both arms up to your head & go back and down to your shoulders (like you pulled a cap over the head)
- 6 & Punch right arm to right side / left arm to left side & back to center

- 7 & Punch right arm down & back to center
8 & Punch left arm down & back to center

[9 – 16] Run Back with Arm-Sunrise – Freeze

- 1 & RF small step back – LF small step back (&)
2 & RF small step back – LF small step back (&)
3 & RF small step back – LF small step back (&)
4 & RF small step back – LF small step back (&)

Arms 1& - 4& move your arms up to a sunrise

- 5 – 8 Freeze into your favorite position

Tag 2 After 11th wall

[1 – 8] Sprinkler Arm-Movement

- 1 – 4 Move right arm back to right side
5 – 8 Put you left hand into your neck, straight right arm to right side (pump with your chest down and up) and move your right arm in front on four counts (like a sprinkler)

Enjoy and have fun!

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