

FG Step

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Tan Candy (SG) - February 2014
音樂: 1, 2 Step (feat. Yuri) (Live) - Girls' Generation



Start after 32 counts

Section 1: Skate Touch x2, Out Out, Heel Swivels

1234 Skate R to R side, touch L beside R, skate L to L side, touch R beside L
567&8 Step R diagonally fwd, step L diagonally fwd, swivel heels RLR

Section 2: Side Touch Behind x2, Side, R Chasse, Knee Pop

1234 Step L to L side, touch R behind L, step R to R side, touch L behind R
56&78 Step L to L side, step R to R side, step L beside R, step R to R side, pop R knee inwards

Section 3: Side Hip Bumps, Forward Hip Bumps, Full Turn, Coaster Cross

1&23&4 Bump hips RLR taking weight on R, step L fwd & bump hips LRL
56 Step fwd on R making ½ turn R (6), step back on L making ½ turn R (12)
7&8 Step back on R, step L beside R, cross R over L

Section 4: Fwd Rock x2, Walk Back x2, Touch Unwind 7/8 Turn

1234 (Facing 10:30) Rock fwd on L, recover weight on R, repeat
5678 (Facing 10:30) Walk back on LR, touch L behind R, unwind 7/8 L taking weight on L (12)

Section 5: Side Touch x2, Kick Ball Point, Point Switches

1234 Step R to R side, touch L beside R, step L to L side, touch R beside L
5&6& Kick R fwd, step R beside L, touch L to L side, step L beside R
7&8 Touch R to R side, step R beside L, touch L to L side

Section 6: Hitch ¼ Turn, Coaster Step, Heel Grind 1/8 Turn, Back Rock, Heel Grind 1/8 Turn, Together

123&4 Hitch L, make ¼ turn L (9), step back on L, step R beside L, step fwd on L
5&6& Grind R heel making 1/8 turn R (10:30), step back on L, rock back on R, recover weight on L
7&8 Grind R heel making 1/8 turn R (12), step back on L, step R beside L

Section 7: Side Mambo x2, Body Roll, Sailor Tap

1&2 Rock L to L side, recover weight on R, step L beside R
3&4 Rock R to R side, recover weight on L, step R beside L
56 Step L to L side & roll body over 2 counts
7&8 Step R behind L, step L to L side, tap R to R side

Section 8: Body Roll, Sailor Step, Run/Walk x4 Making ½ Turn

12 Step R to R side & roll body over 2 counts
3&4 Step L behind R, step R to R side, step L to L side
5678 Run/Walk RLRL making ½ turn R (6)

REPEAT

TAG (4 counts): After Wall 2 facing 12:00

1234 Step R to R side & lean to R over 2 counts, recover weight to L over 2 counts
(Alternatively, hold for 4 counts or do whatever you want)

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