Piggyback (어부바) (Seniors)

Count: 32 **Wand:** 2 **Ebene:** Absolute Beginner
Choreograf/in: KimSam (KOR) - March 2024
Musik: Piggy Back (어부바) - Jang Yoon Jeong (장윤정)

Intro: 32 Counts - NO TAG, NO RESTARTS

[1- 8] SIDE, TOGETHER, SIDE, TOUCH, (R-L)

1234	Step R to R side (1), Step L together R (2), step R to R side (3), step L beside touch (4)
5678	Step L to L side (5), Step R together L (6), step L to L side (7), step R beside touch (8)

[9-16] FORWARD TOE STRUT, (R-L-R-L)

1234	Step R toe touch (1), step R heel drop (2), Step L toe touch (3), Step L heel drop (4)
5678	Step R toe touch (1), step R heel drop (2), Step L toe touch (3), Step L heel drop (4)

[17-24] SIDE, TOGETHER, SIDE, TOUCH, (R-L)

1234	Step R to R side (1), Step L together R (2), step R to R side (3), step L beside touch (4)
5678	Step L to L side (5), Step R together L (6), step L to L side (7), step R beside touch (8)

[25-32] 1/2 TURN RIGHT, TURNING WARKING, (FWD, 1/4TURN RIGHT X3), STEP TOGETHER, HIP BUMP (R-L-R-L) 6:00

1234	1/4 turn right step fwd R to R (2), 1/4 turn right L fwd R (3), 1/4 turn right step fwd R to R (4) Step L together R
5678	Step R to R side with Hip bump right (5), hip bumo left (6), hip bump right (7), hip bump left (8) 6:00

***Toe struts can help you strengthen your lower body, improve your balance, and increase stability in your knee joints.**
***Walking in circles is an aerobic exercise that improves heart and lung function. It promotes blood circulation throughout the body and quickly supplies oxygen and nutrients to improve physical strength.**
Learn the steps to exciting music.
We made it easy for seniors to learn the steps. Thank you for having fun with us

Have fun with line dancing KimSam

***토 스트럿을 통해 하체 근력을 강화하고 균형을 향상시킬 수 있으며, 무릎 관절에 대한 안정성을 높일 수 있습니다.**
***원을 그리며 걷는 것은 심장과 폐 기능을 향상시키는 유산소 운동입니다. 전신의 혈액순환을 촉진하고 산소와 영양분을 빠르게 공급하여 체력을 향상시킵니다**

Last Update: 15 Mar 2024