

Trot (Epik High)

Compte: 64

Mur: 2

Niveau: Easy Intermediate

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Musique: Trot (트로트) - Epik High (에픽하이)



[1-8] Side. Behind. Hip Bump × 2

- 1-2 RF Step side, LF Step behind
- 3&4 RF Step side with hip bump R, LF Recover, RF Step side with hip bump R
- 5-6 LF Step side, RF Step behind
- 7&8 LF Step side with hip bump L, RF Recover, LF Step side with hip bump L

[9-16] Heel Switch. Cross. Heel Bounce. Swivel. Heel Bounce

- 1&2& RF Heel Touch diagonal fwd, RF Step beside LF, LF Heel Touch diagonal fwd, LF Step beside RF
- 3&4 RF Cross over, BF Heels up with band knees, BF Heels down with straighten knees
- 5&6 LF Step side, BF Heels Swivel L, BF Recover
- 7&8 LF 1/8 turn L Step side, BF Heels up with band knees, BF Heels down with straighten knees

[17-24] Rock Heel, Back Rock, Samba Step. Rock Heel, Back Rock, Weave

- 1&2& RF Heel Rock fwd, LF Recover, RF Step back, LF Recover
- 3&4 RF Step fwd, LF 1/8 Turn R Side L, RF Recover diagonal R
- 5&6& LF Heel Rock fwd, RF Recover, LF Step back, RF Recover
- 7&8& LF Cross over, RF Step R, LF Behind, RF Step R (12:00)

[25-32] Step forward, Bounce 1/4 Turn R, Coaster step, Step forward, Bounce 1/2 Turn R, Coaster step

- 1 2 LF Step forward, BF Heels up 1/4 Turn R Heels down
- 3&4 RF Step back, LF Step together, RF Step forward
- 5 6 LF Step forward, BF Heels up 1/2 Turn R Heels down
- 7&8& RF Step back, LF Step together, RF Step forward, LF Step together

[33-40] Toe Strut with Hip Bump, Coaster step, Step Pivot 1/4 Turn L

- 1 2 RF Touch forward with hip bump fwd, RF Step place
- 3 4 LF Touch forward with hip bump fwd, LF Step place
- 5&6& RF Step forward, LF Step together, RF Step back, LF Step together
- 7 8 RF Step forward, LF 1/4 Turn L Step L

[41-48] Kick and Side Rock RL, Heel Out, Heel Out, In, In, Pivot 1/2 Turn L

- 1&2& RF Kick fwd, RF Ball place, LF Step side, RF Recover
- 3&4& LF Kick fwd, LF Ball place, RF Step side, LF Recover
- 5&6& RF Heel Step diagonal fwd R, LF Heel Step diagonal fwd L, RF Step back center, LF Step together
- 7 8 RF Step forward, LF 1/2 Turn L Step forward,

[49-56] Pony Back ×2, Coster Step, V-Step, Side

- 1&2 RF Step back with LF Hitch, LF Recover, RF Step back with LF Hitch
- 3&4 LF Step back with RF Hitch, RF Recover, LF Step back with RF Hitch
- 5&6& RF Step back, LF Step together, RF Step fwd, LF Step side
- 7&8& RF Step side, LF Step back center, RF Step together, LF Step side

[57-64] Applejack, Pivot 1/4 Turn L ×2

- 1&2& LF Swivel toe L with RF Swivel heel L, BF Recover, LF Swivel heel R with RF Swivel toe R, BF Recover

3&4&	LF Swivel toe L with RF Swivel heel L, BF Recover LF Swivel heel R with RF Swivel toe R, BF Recover
5 6	RF Step forward, LF 1/4 Turn L step L
7 8	RF Step forward, LF 1/4 Turn L step L
