拍数： 160 墙数： 1
级数：Phrased Advanced
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音乐：Perm－Bruno Mars

## Intro： 4 counts from main beat（app． 13 seconds into track） Phrasing：AB AB Tag CC B

## A： 64 counts

A［1－8］Side，Hold，Ball side rock，Ball side，Knee pop x2，Hold
1－2 $\quad$ Step $R$ to $R$ side，hold 12：00
\＆3－4 Step $L$ next to $R$ ，rock $R$ to $R$ side，recover onto $L$ 12：00
\＆5 Step $R$ next to $L$ ，step $L$ to $L$ side 12：00
6－7－8 Collect $R$ next to $L$ popping $R$ knee fw，change weight to $R$ popping $L$ knee fw，hold 12：00
A［9－16］Ball mambo fw， $1 / 4 \mathrm{~L}$ side，Hold，Ball step，Body isolation x3，Kick
\＆1\＆2 Step $L$ next to R，rock $R$ fw，recover onto L，step $R$ back 09：00
3－4 Turn $1 / 4 L$ stepping $L$ to $L$ side，hold 09：00
\＆5 Step R next to L，step L to L side（angling body to L diagonal）09：00
6\＆7－8 Body roll top down（isolating in three stages：boobs，belly，bottom）ending with weight on R ， kick $L$ to $L$ diagonal 09：00

A［17－24］Behind side cross，Side switches， $1 / 4 \mathrm{~L}$ step，Scuff， $1 / 4 \mathrm{~L}$ hitch，Step slide
1\＆2 Cross $L$ behind $R$ ，step $R$ to $R$ side，cross L over R 09：00
3\＆4 Point $R$ to $R$ side，step $R$ next to $L$ ，point $L$ to $L$ side（prep your body $R$ ）09：00
5－6\＆$\quad$ Turn $1 / 4 L$ stepping $L$ fw，scuff $R$ heel，turn $1 / 4 L$ hitching $R$ knee 03：00
7－8 $\quad$ Step $R$ big step to $R$ side，drag $L$ towards $R$ 03：00
A［25－32］Sailor $1 / 4$ L，walk $x 2$ ，Side switches，Kick ball step
1\＆2 Cross $L$ behind $R$ ，turn $1 / 4 L$ stepping $R$ slightly $R$ ，step $L$ fw 12：00
3－4 Walk R，walk L 12：00
5\＆6\＆Point $R$ to $R$ side，step $R$ next to $L$ ，point $L$ to $L$ side，step $L$ next to $R$ 12：00
7\＆8 Kick R fw，step R next to L，step L fw 12：00
A［33－40］Step touch diagonally fw x 2 ，Step touch diagonally back x 2
\＆1\＆2 Step $R$ diagonally fw（\＆），touch $L$ next to $R(1)$ ，point $R$ arm up and $L$ arm down（think disco pose）（\＆），hold（2）12：00
\＆3\＆4 Step L diagonally fw（\＆），touch R next to $L$（3），point both hands towards chest and collapse chest（\＆），hold（4）12：00
\＆5\＆6 Step R diagonally back（\＆），touch L next to $R(5)$ ，both arms go out to sides bent at elbow fists up（think strong man）（\＆），hold（6）12：00
\＆7\＆8 Step L diagonally back（\＆），touch R next to L（7），arms stay in same position but hands flip down and point in towards legs（\＆），hold（8）12：00

A［40－48］Phone down pop，Mambo $1 / 4$ L，Instagram，Twitter
1－2（arms drop from previous 8）Right hand goes to $R$ ear as holding a phone while popping $R$ knee（1），put phone down while transferring weight to $R$ and popping $L$ knee（2）12：00
3\＆4 Rock $L$ fw，recover onto $R$ ，turn $1 / 4 L$ stepping $L$ to $L$ side 09：00
5－6 Angle body to $L$ diagonal and pretend you＇re taking a selfie with phone in $R$ hand（5），angle body to $R$ diagonal and pretend you＇re taking a selfie with phone in $R$ hand（6）09：00
7－8 Keeping $R$ hand in the air，open and close fingers（bird tweeting）（weight $L$ ）09：00

## A[49-56] Hitch step slide, Cross rock side, Sailor step x2

\&1-2 Small hitch $R$, step $R$ big step $R$ swinging $R$ arm to $R$ side, drag $L$ towards $R$ 09:00
3\&4 Drop arms, cross rock $L$ over $R$, recover onto $R$, step $L$ to $L$ side 09:00
5\&6 Cross $R$ behind $L$, step $L$ to $L$ side, step $R$ to $R$ side 09:00
7\&8 Cross $L$ behind $R$, step $R$ to $R$ side, step $L$ to $L$ side 09:00
A[57-64] Back pop x2, Coaster step, Isolations, 1/4 R
1-2 Step $R$ back popping $L$ knee, step $L$ back popping $R$ knee 09:00
3\&4 Step $R$ back, step $L$ next to $R$, step $R$ fw 09:00
5-6 Step $L$ next to $R$ raising arms bent at elbows hands upwards (think strong man) (5), arms stay in place but "flips" so hands are down (6) 09:00
7-8 Arms/upper body turns $1 / 4 R(7)$, rest of body follows (8) (weight $R$ ) 12:00
B: 64 counts
B[1-8] Hip roll, C bump, Hip bump, Cross back 3/8 R
1-2 Step $L$ to $L$ side rolling hips $C W$, bump hips towards $R$ 12:00
3\&4 Bump hips up R, bump hips down L, step onto R ( C pattern hip bump) (right arm follows hips ending with a snap) 12:00
5\&6 Angle body towards L diagonal bumping hips fw, bump hips back, bump hips fw (weight ending on L) 10:30
7-8 Turn $1 / 8 R$ crossing $R$ over $L$, turn $1 / 4 R$ stepping $L$ back 03:00
B[9-16] Step slide, Ball step, Step hitch hold, Ball rock step
1-2 $\quad$ Step $R$ big step to $R$ side, drag $L$ towards $R$ 03:00
\&3-4 Turn 1/8 $L$ stepping $L$ next to $R$, step $R$ fw on the diagonal, step $L$ fw on the diagonal 01:30
5-6 Hitch $R$ knee while going up on the ball of $L$ foot, hold 01:30
\&7-8 Step R next to $L$, rock $L$ fw, recover onto R 01:30
B[17-24] Behind side, Cross shuffle, Heel swivel, Coaster step, Step $1 / 2 L$ turn
1\&2\&3 Step $L$ back crossing slightly behind $R$, turn $1 / 8 R$ stepping $R$ to $R$ side, cross $L$ over $R$, step $R$ to $R$ side, cross/place $L$ slightly over $R$ 03:00
\&4 Swivel both heels towards L, swivel back to center (weight ends on R) 03:00
5\&6 Step L back, step R next to L, step L fw 03:00
7-8 Step $R$ fw, turn $1 / 2 L$ keeping weight on $R$ 09:00
B[25-32] Back pop x2, Coaster step, Box slide
1-2 Step $L$ back popping $R$ knee fw, step $R$ back popping $L$ knee fw 09:00
3\&4 Step L back, step $R$ next to $L$, step L fw 09:00
5-6-7-8 $\quad$ Turn $1 / 4 L$ stepping $R$ to $R$ side, turn $1 / 4 L$ stepping $L$ to $L$ side, turn $1 / 4 L$ stepping $R$ to $R$ side, turn $1 / 4 L$ stepping $L$ to $L$ side 09:00

B[33-40] Kick step rock step x2, Cross back, Shuffle $1 / 2$ R
1\&2\& Kick R fw, step R next to $L$, rock $L$ to $L$ side, recover onto $R$ 09:00
3\&4\& Kick L fw, step L next to R, rock R to R side, recover onto L 09:00
5-6 Cross $R$ over $L$, step $L$ back 09:00
7\&8 Turn $1 / 4 R$ stepping $R$ to $R$ side, step $L$ next to $R$, turn $1 / 4 R$ stepping $R$ fw 03:00
B[40-48] Kick step rock step x2, Cross back, Shuffle $1 / 4 \mathrm{~L}$
1\&2\& Kick L fw, step L next to R, rock R to R side, recover onto L 03:00
3\&4\& Kick R fw, step R next to $L$, rock $L$ to $L$ side, recover onto $R$ 03:00
5-6 Cross L over R, step $R$ back 03:00
7\&8 Turn $1 / 4 L$ stepping $L$ to $L$ side, step $R$ next to $L$, step $L$ to $L$ side 12:00
B[49-56] Kick step rock step x2, Cross back, Shuffle $1 / 2$ R
1\&2\& Kick R fw, step R next to $L$, rock $L$ to $L$ side, recover onto $R$ 12:00
3\&4\& Kick L fw, step L next to R, rock R to R side, recover onto L 12:00

B[57-64] Kick step rock step x2, Cross unwind $1 / 2$ L, Camel walk x2
1\&2\& Kick L fw, step L next to R, rock $R$ to $R$ side, recover onto L 06:00
3\&4\& Kick $R$ fw, step $R$ next to $L$, rock $L$ to $L$ side, recover onto $R$ 06:00
5-6 Touch $L$ behind $R$, unwind $1 / 2 L$ (weight on $L$ ) 12:00
7-8 Step $R$ fw popping $L$ knee, step $L$ fw popping $R$ knee 12:00

## C: 32 counts

## C[1-8] Side together side touch $x 2$

1-2 $\quad$ Step $R$ to $R$ side popping knees out, step $L$ next to $R$ returning knees to center 12:00
3-4 Step $R$ to $R$ side popping knees out, touch $L$ next to $R$ returning knees to center
(styling: body roll top down) 12:00
5-6 Step $L$ to $L$ side popping knees out, step $R$ next to $L$ returning knees to center 12:00
7-8 Step $L$ to $L$ side popping knees out, touch $R$ next to $L$ returning knees to center
(styling: body roll top down) 12:00

## C[9-16] Vine w/ touch x2

1-2-3-4 $\quad$ Step $R$ to $R$ side, cross $L$ behind $R$, step $R$ to $R$ side, touch $L$ next to $R$ while rolling $R$ arm out ending with a snap 12:00
5-6-7-8 Step $L$ to $L$ side, cross $R$ behind $L$, step $L$ to $L$ side, touch $R$ next to $L$ while rolling $L$ arm out ending with a snap 12:00

## C[17-24] Place lean $x 2$, Step back touch $x 2$

1-2 Place $R$ to $R$ side, transfer weight onto $R$ leaning towards $R$ 12:00
3-4 Place $L$ to $L$ side, transfer weight onto $L$ leaning towards $L$ 12:00
5-6 Step $R$ diagonally back, touch $L$ next to $R$ 12:00
7-8 Step $L$ diagonally back, touch $R$ next to $L$ 12:00
C[25-32] Knee pops w/ arms
1-2-3 Pop L knee fw while placing both hands behind your head, pop $R$ knee fw while placing both hands on lower back/hips, pop L knee fw while crossing arms and placing both hands on thighs (imagine you're patting yourself down) 12:00
4\&5 (L knee returns to "normal") Point to both sides extending arms (4), bring both arms next to body, elbows bent, pointing up (\&), straighten arms next to body, pointing down (5) 12:00
6-7-8 Transfer weight onto $L$ dropping arms (6), extend $R$ arm in front of body while pointing up (as he sings "one more time") (7-8)
(On the second $C$ you'll transfer weight onto $R$ on the final count) 12:00
Tag: 16 counts
T[1-8] Kick step rock step $\times 2$, Cross back, Shuffle $1 / 2$ R
1\&2\& Kick $R$ fw, step $R$ next to $L$, rock $L$ to $L$ side, recover onto $R$ 12:00
3\&4\& Kick $L$ fw, step $L$ next to $R$, rock $R$ to $R$ side, recover onto $L$ 12:00
5-6 Cross $R$ over $L$, step $L$ back 12:00
7\&8 $\quad$ Turn $1 / 4 R$ stepping $R$ to $R$ side, step $L$ next to $R$, turn $1 / 4 R$ stepping $R$ fw 06:00
T[9-16] Kick step rock step $\mathbf{x 2}$, Cross back, Shuffle $1 / 2 \mathrm{~L}$
1\&2\& Kick $L$ fw, step $L$ next to $R$, rock $R$ to $R$ side, recover onto $L$ 06:00
3\&4\& Kick $R$ fw, step $R$ next to $L$, rock $L$ to $L$ side, recover onto $R$ 06:00
5-6 Cross $L$ over $R$, step $R$ back 06:00
7\&8 Turn $1 / 4 L$ stepping $L$ to $L$ side, step $R$ next to $L$, turn $1 / 4 L$ stepping $L$ fw 12:00
Hope you enjoy
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