

Plz Don't Be Sad

COPPER KNOB
STEPSHEETS

拍数: 96 墙数: 4 级数: Phrased High Beginner
编舞者: Jeannie Hong - October 2017
音乐: Plz Don't Be Sad (얼굴 찌푸리지 말아요) - HIGHLIGHT



Sequence of dance : Intro, A-A-A1, B, Tag, A-A-A1, B, Tag, A1, B Tag

NOTICE: You can dance replacing part A1 with A.(for easier level) / START: after 32counts or at words "wo wo"

Part A (32Counts)

A[1-8] Step cross, side touch(x2) 1/4 R turn, heel swivel

- 1-2 Rf cross forward(1) Lf side touch(2)
- 3-4 Lf cross forward(3) Rf side touch(4)
- 5-6 1/4 R turning Rf step(5) Lf step(6) (3:00)
- 7-8 Both heel swivel(R(7)->Center(8)) (option : Your two arms move the opposite direction)

A[9-16] Back step, Recover, F Touch, L touch, Sailor 1/4 L turn, body Isolation

- 1-2 Lf back step(1) Rf recover(2)
- 3-4 Lf front touch(3) Lf side touch(4)
- 5&6 (1/4 L turning) Lf back step(5) Rf next to (&), Lf forward(6)
- 7-8 (stepping Rf) Body isolation (R(7) to L(8))

A[17-24] Weave step, touch

- 1-2 Rf side to Right(1) Lf behind Rf (2)
- 3-4 Rf side to Right(3) Lf touch next to Rf(4)
- 5-6 Lf side to Left(5) Rf behind Lf(6)
- 7-8 Lf side to Left(7) Rf touch next to Lf(8)

A[25-32] Pivot 1/4 L turn, R coaster, F Touch, L Touch, Hitch

- 1-2 Rf forward(1) 1/4 Lf Pivot turn(2) (9:00)
- 3&4 Rf back step(3) Lf next to R(&), Rf forward(4)
- 5-6 Lf front touch(5) Lf side touch(6)
- 7-8 Lf hitch(7) Lf down step(8)

Part A1 (32 counts)

A1[1-8] Step Sweep(x2,) 1/4 R turn, Toe split

- 1-2 Rf forward step(1) Lf sweep(from back to front)(2)
- 3-4 Lf forward step(3) Rf sweep (from back to front)(4)
- 5-6 1/4 R turning Rf step(5) Lf step(6)
- 7-8 Both heel swivel (R(7)->Center(8))

A1[9-16] Back step, Recover, Touch, Sailor 1/4 L turn, Isolation (same to part A)

- 1-2 Lf back step(1) Rf recover(2)
- 3-4 Lf front touch(3) Lf side touch(4)
- 5&6 (1/4 L turning) Lf back step(5) Rf next to Lf(&), L forward(6)
- 7-8 (stepping Rf) Body isolation (R(7) to L(8))

A1[17-24] Knee up in out rolling down ,Body wave

- 1&2 R knee up in out rolling(1&) down(2)
- 3-4 Right Body wave (3,4)
- 5&6 L knee up in out rolling(5&) down(6)
- 7-8 Left Body wave (7,8)

A1[25-32] Pivot 1/4 L turn, R coaster, Touch, Hitch(same to part A)

1-2 Rf forward(1) 1/4 Lf Pivot turn(2) (9:00)
3&4 Rf back step(3) Lf next to fR(&), Rf forward(4)
5-6 Lf front touch(5) Lf side touch(6)
7-8 Lf hitch(7) Lf down step(8)

Part B (32 counts)

B[1-8] Knee bent, heel bounce

1-2-3-4 Lf knee diagonal forward bent both heel bounce
(with two fists small rollingx4 in front of face-like crying or frowning)
5-6-7-8 Two legs together jumpingx4
(with two arms stretched out two hands shaking)

B[9-16] Step, diagonal kick, jazz box turning left 1/4

1-2 Lf step , Rf cross diagonal kick
3-4 Rf step, Lf cross diagonal kick
5-6 Lf cross R,f Rf side back step
7-8 Turning left 1/4 Lf side step , Rf side step

B[17-24] Repeat section 1 (Same to [1-8])

B[25-32] Repeat section 2(same to [9-16])

Intro (32 count) = Tag

i[1-8] Stand in shoulder width, knee bent, heel bounce, waving arms, Reverse 1-4

1-2-3-4 (Stand in shoulder width) Knee bent and heel bounce(4)
(With two arms folded palms out) moving zigzag upper from left waist to right above head
5-6-7-8 Reverse 1-4/ legs same position, moving zigzag down from left above head to right waist side

i[9-16] Knee and hip bounce, Right arm moving, Shoulders moving, Step side

1-2-3-4 Left knee bent and toe with hip bouncing up and down (Right arm moving from left chest to right waist)
5&6 Crossed two legs with shoulders up and down one by one(L-R-L) with both index fingers going up (facing 1:30)
7-8 Step L left side, Step R right side

[17-24] Stand in shoulder width , both knee bent in, heel bounce, waving arms, Reverse1-4

1-2-3-4 (Stand in shoulder width) both knee bent in with heel bouncing (4)
With two arms (stretched palm toward bottom) waving from Right side to Left side
5-6-7-8 Reverse 1-4 / legs same position, only two arms waving from L to R

[25-32] Step both feet, heel stomp, back step, Sailor turn

1 2 Lf side step, Rf side step (holding both hands)
3-4 Left heel stomp(x2) with both hands moving up and down (like doing hammer)
5-6 Lf back step, Rf back step
7-8 Lf back step turning 1/4 left turn, Rf next to Lf, Lf step forward

Enjoy dancing with k-pop

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