Naengmyeon (냉면)

级数: Beginner

编舞者: Hey Soon Choi (KOR) - June 2021

音乐: Naengmyeon (냉면) - Myung-ca Drive (명카드라이브)

Intro: 16 Counts

Sequence: AABBAA(×2) AABBA

拍数: 48

Part A(32 Counts)

[Sec. 1] Walk Forward(R, L, R, L), Hip Bump × 2

- 1 2 Step forward on RF, Step forward on LF
- 3 4 Step forward on RF, Step forward on LF
- 5&6 Bump hips to R, L and to R again
- 7&8 Bump hips to L, R and to L again

[Sec. 2] Walk Back(R, L, R, L), Hip Bump × 2

- 1 2 Step backward on RF, Step backward on LF
- 3 4 Step backward on RF, Step backward on LF
- 5&6 Bump hips to R, L side and to R again
- 7&8 Bump hips to L, R side and to L again

[Sec. 3] Step Forward-Touch Side(×2), Step Back-Touch Side(×2)

- 1 2 Step forward on RF, Touch LF toe to L
- 3 4 Step forward on LF , Touch RF toe to R
- 5 6 Step backward on RF, Touch LF toe to L
- 7 8 Step backward on LF, Touch RF toe to R

[Sec. 4] Rocking Chair, Jazz box Turn 1/4

- 1 2 Rock Forward with RF, Recover weight onto LF
- 3 4 Rock back with RF, Recover weight onto LF
- 5 6 Cross RF over LF, Step back on LF
- 7 8 Making a 1/4 turn R, Step forward on LF

Part B(16 Counts)

[Sec. 1] Side-Touch Back to R, Side-Touch Back to L, Step Vine

- 1 2 Step RF to R, Cross LF behind RF
- 3 4 Step LF to L, Cross RF behind LF
- 5 6 Step RF to R, Cross LF behind RF
- 7 8 Step RF to R, Touch LF next to RF

[Sec. 2] Step Vine Turn 1/4, Side-Together×2

- 1 2 Step LF to L, Cross RF behind LF
- 3 4 Making a 1/4 turn L, Close Rf next to Touch LF
- 5 6 Step RF to R, Close LF next to RF(5), Hold(6)
- 7 8 Step LF to L, Close RF next to LF(7), Hold(8)

Ending: Facing 12:00

Have Fun!

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墙数:4