

One Flew Over the Cuckoo's Nest (버꾸기 둥지 위로 날아간 새)

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Beginner
编舞者: Kyung Hee Lee (KOR) - October 2022
音乐: One Flew Over the Cuckoo's Nest (버꾸기 둥지위로 날아간 새) - Mr. Pang (미스터 팡)



Start the dance on vocal

SECTION 1: TWIST R/L/R (MOVE TO RIGHT), FLICK, TWIST L/R/L (MOVE TO LEFT), FLICK

1-4 Both heel twist to R, both heel twist to L, Both heel twist to R, flick LF to R side
5-8 Both heel twist to L, both heel twist to R, both heel twist to L, flick RF to backward

SECTION 2: FORWARD, TOUCH, BACKWARD, KICK, COASTER STEP, FORWARD

1-4 Step RF forward, touch LF toe behind RF, step LF backward, kick RF forward
5-8 Step RF backward, closed LF to RF, step RF forward, step LF forward

SECTION 3: SIDE, CROSS BEHIND, SIDE, HEEL TOUCH, STEP, CROSS OVER, SIDE, HEEL TOUCH

1-4 Step RF to R side, cross LF behind RF, step RF to R side, touch LF heel to L side
5-8 Step LF replace, cross RF over LF, step LF side, touch RF heel to R side

(OPTION: For every 4 counts, raise both arms from inside to outside, and then lower your arms in each direction)

SECTION 4: ROCKING CHAIR, 1/4 TURN TO R WITH JAZZ BOX TOGETHER

1-4 Rock RF forward, recover on LF, rock RF backward, recover on LF
5-8 Cross RF over LF, 1/4 turn to R stepping LF backward, step RF side, closed LF to RF (weight on center)

TAG

After Wall 6, you will dance to 4 counts of Tag

Tag step is twist in place R/L/R/L

1-4 Both heels twist to R, both heels twist to L, both heels to R, both heels to L

CONTACT

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