Mikrokosmos

级数: Beginner

编舞者: Ratna Rezkita (INA) - February 2023

音乐: Mikrokosmos - BTS

Intro : 32 count (Start on lyrics)

TAG (4c) after wall 4 (12.00), No Restart

S-1 SIDE ROCK, RECOVER, BEHIND, SIDE, CROSS - (R/L)

- 1–2 Step RF to R side, Recover on LF
- 3&4 Cross RF behind LF, step LF to L side, Cross RF over LF

墙数:4

- 5-6 Step LF to L side, Recover on RF
- 7&8 Cross LF behind RF, Step RF to R side, Cross LF over RF

S-2 TOE STRUTS R-L, KICK BALL CHANGE, PADDLE ¼ TURN L

- 1&2& Touch RF toe forward, Drop RF heel, Touch LF toe forward, Drop LF heel
- 3&4 Kick RF diagonal forward, Tap RF next to LF, Cross LF over RF
- 5-6 Step RF forward, 1/8 turn left in place weight on LF
- 7-8 Step RF forward, 1/8 turn left in place weight on LF (09.00)

S-3 SIDE TOGETHER, IN PLACE, FAN RF

- 1-2 Step RF to R side, Close LF next to RF
- 3&4 RF and LF step in place (RF-LF-RF)
- 5-6 Step LF to L side, Close RF next to LF
- 7-8 Fan toe of RF to right side, Fan toe of RF back to centre

S-4 FORWARD, HITCH, FORWARD TOGETHER, KNEE POP

- 1-2 Step RF forward, Hitch LF ¼ turn R (12.00)
- 3-4 Step LF forward, Hitch RF ¼ turn R (03.00)
- 5-6 Step RF forward, Step LF forward next to RF
- 7-8 Left knee bend to the right, Right knee bend to the left

TAG 4c after wall 4 (12.00) : V STEP

- 1-2 Step RF out diagonally, Step LF out diagonally
- 3-4 Step RF in to center, Step LF in beside RF

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Passion, Happy & Healthy Dance





拍数: 32