

3D Hip Hop Move

COPPERKNOB
STEPSHEETS

拍数: 80 墙数: 1 级数: Advanced
编舞者: GoWildWest Isabel (CH) - May 2025
音乐: 3D - Jung Kook (정국) & Jack Harlow



Phrased: have to check... this Stepsheet is not finished
Restart:

A

S 1: Heel Fans

1&2& RF heel in, RF heel normal, LF heel in, LF heel normal
3&4& RF heel in, RF heel normal, RF heel in, RF heel normal
5&6& LF heel in, LF heel normal, RF heel in, RF heel normal
7&8& LF heel in, LF heel normal, LF heel in, weight on LF

S 2: Side Down ¼ Side Up ½ / Step Turn 5/4 Knee Pop

1,2,3,4 turn ¼ L, down in knees, turn ½ R, up & hands up (weight LF)
5,6,7 turn 5/4 L: RF, LF, RF
&8 pop knee with heel up, heel down

(optional do this section with a bodywave:

1,2 down / 3,4 up / 5 down / 6 up / 7 Punch with the R fist towards & body down / 8 hold down)

S 3: Straighten Up / 2x Clap / Prep Arms

1,2,3,4 R elbow push up, L elbow push up, R hand push up, L hand push up
5,6 2x clap hands
7,8 RF arm straight R, LF arm straight L

S 4: Arm Waves

1-4 Wave from L arm to R arm
5-8 Wave from R arm to L arm

Explain Startposition : arms outwards and hands straight

1&2 L hand down loosely, push L elbow up, push L shoulder up
&3&4 push R shoulder up, push R elbow up, R hand loosely down, straight R hand

B

B 1: 2x Slide Hitch Toe Strut Turn

1-2 (diagonal L) RF glide across the floor next to LF
&3,4 hitch R knee, turn ¼ R & RF toe R, weight on RF (do this move with knee out)
5-6 (diagonal R) LF glide across the floor next to RF
&7,8 hitch L knee, turn ¼ L & LF toe L, weight on LF (do this move with knee out)

B 2: Slide Step In Turn Fwd

1,2 RF toe, RF strut & LF glide
3,4 LF toe, LF strut & RF glide
5,6 RF toe, RF strut & LF glide
7,8 move on place & wait

Your body is during S 6 still 12:00

B 3: Body Wave

1,2,3,4 head, body, knee, hold
5,6,7,8 knee, body, head, hold

B 4: Step Cross fwd / ¼ Cross / ¼ Cross / 2x Step Out

1,2	RF step fwd, LF cross infront (12:00)
3,4	turn ¼ R & RF step fwd, LF cross infront (3:00)
5,6	turn ¼ R & RF step fwd, LF cross infront (6:00)
7,8	RF step out, LF step out

Tag

1-8: Girlie Thing Back / Pony Back

1,2,3,4	walk back: RF, LF, RF, LF (move like you have your nails freshly painted...)
5&6	RF jump back & LF is hitching, LF close, RF jump back & LF is hitching
7&8	LF jump back & RF is hitching, RF close, LF jump back & RF is hitching

9-16: Step & Drag Fwd / 2x Camel

9,10,11,12	RF step diagonal R fwd & LF drag, LF step diagonal L fwd & RF drag
13,14,15,16	hop on RF & LF touch, hold, hop on LF & RF touch, hold

Last Update: 6 May 2025
