

3D in Motion

拍数: 40 墙数: 2 级数: High Improver
编舞者: GoWildWest Isabel (CH) - May 2025
音乐: 3D - Jung Kook (정국) & Jack Harlow



Expiration: S T* S T S T* S TT SSS(hold)S TT S

S1: Side Touch Side Close / Cross Step Cross Point

1,2,3,4 RF step R, LF touch, LF step L, RF close
5,6,7,8 LF cross infront, RF step R, LF cross infront, RF point R

S2: Heel Grind Behind Turn Pop / Body Wave

1,2& turn ¼ L with RF heel, LF cross behind, turn ¼ R with RF step fwd
3&4 LF close, pop knee with heel up, heel down
5&6& head, body, knee, hold
7&8& knee, body, head, hold

S3: Diamont Slide Step ½ / Sailor Turn ½

1,2,3,4 RF slide R, LF touch, turn ¼ L & LF slide L, RF touch
5,6 turn ¼ L & RF slide R, LF drag
7,8 LF toe back, turn ½ L & LF strut

S4 : Glide Hitch / Rock Recover / Back Close Step

1-2& RF glide slowly across the floor next to LF, hitch R knee
3&4 turn ½ with RF toe, knee pop out, RF strut
5,6 LF rock fwd, weight on RF
7&8 LF step back & RF drag, RF close, LF step fwd

Tag 2x (1x = T*) Girlie Thing Back / Back Rock Step Turn ½

1,2,3,4 walk back: RF, LF, RF, LF (move like you have your nails freshly painted...)
5,6,7,8 RF rock back, weight on LF, RF step fwd, turn ½ L & LF step fwd

Hold Option: Arm Waves

1-4 Wave from L arm to R 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

Last Update: 6 May 2025