

3! 4!

拍数: 32 墙数: 2 级数: Improver
编舞者: Han Myoungmin (KOR) - May 2025
音乐: 3!4! - Roo' Ra (롤라)



Intro : Start at approx 28secs.

No TAGS, 1 RESTART

* Alternative : instead of the Wall 9(sec1.~sec.4), You can do a Freestyle dance for 32 counts.
(Recommend dancing with hip moves like the singer's original choreography.)

SEC 1 : Vine Step with Kick (R,L)(you can add Jumps to the vine step)

- 1-4 Step RF to R side(1), Step LF behind RF(2), Step RF to R side(3), Kick LF(flexed) diagonal L fwd (Easy option: Touch L Heel diagonal L fwd)(4)
- 5-8 Step LF to L side(5), Step RF behind LF(6), Step LF to L side(7), Kick RF(flexed) diagonal R fwd (Easy option: Touch R Heel diagonal R fwd)(8)

SEC 2 : Side, Cross Kick, Side, Back Touch, Diagonal Fwd, Together, Diagonal Fwd, Hitch

- 1-4 Step RF to R side(1), Kick LF across RF diagonal R fwd(2), Step LF to L side(3), Touch RF behind LF(4)
- 5-8 Step RF to diagonal R fwd(5), Step LF next to RF(6) Step RF to diagonal R fwd (7), Hitch LF (8)

*Restart: After 16c on Wall 8 (6:00), Step Change 8 to the following then Restart!

*8 Step LF next to RF(8)

SEC 3 : Cross Touch, Side Touch, Sailor Step, Swivel (Out, In, Out, In)

- 1-4 Cross Touch LF over RF(1), Touch LF to L side(2), Cross LF behind RF(3), Step RF to R side(&), Step LF to L side(4)
- 5-8 Step RF Diagonal R Fwd at the same time Swivel Both Heels Out (Stretch both arms out to the sides)(5), Swivel Both Heels In(Put arms behind your back)(6), Swivel Both Heels Out (Stretch both arms out to the sides) (7), Swivel Both Heels In(Put arms in a Cross shape in front of chest)(8)

SEC 4 : Jump, Walk, Together, Jump Out, Jump Cross, Unwind 1/2 Turn L, Hold

- 1-4 Jump Step RF to center(slightly back)(&) Step LF to center(slightly fwd) (1), Step RF Fwd(2), Step LF Fwd(3), Step RF next to RF(4)
- 5-8 Jump to open foot position(5), Jump to cross foot position(Cross RF over LF)(6)(12:00)
- Unwind 1/2 Turn L(7), Hold(8)(6:00)

You are beautiful just the way you are. :-)

E-Mail : hibishan@naver.com

YouTube : www.youtube.com/@Dancing_Myoungmin