

Napal Baji

拍數: 64 牆數: 2 級數: Low Intermediate
編舞者: Eun Mi Lim (KOR) & Suki Choi (KOR) - January 2016
音樂: NAPAL BAJI (나팔 바지) - PSY (싸이) : (The 7th Album)



Sequence: Intro, Tag1, 64, Tag1, 64, 64, Tag1, 64, 64, Tag2, 64, Ending Pose

Tag1: Before Wall 1 (facing 12:00) and At end of Wall 1 (facing 6:00) & 3 (facing 6:00)

Tag2: At end of Wall 5 (facing 12:00)

Intro: 16 counts

Tag1 (16 Counts): Before Wall 1 (facing 12:00) and At end of Wall 1 (facing 6:00) & 3 (Facing 6:00)

[1-8]: Vine R, Touch, Swivel Heel L

1- 2- 3 - 4 Step R to R side, cross L behind R, step R to R side, touch L side R

5&6&7&8 Swivel L heel (in, out, in, out, in, out, in) (weight R)

[9-16]: Vine L, Touch, Hitch (R-L-R), Touch, Hitch R

1- 2- 3 - 4 Step L to L side, cross R behind L, step L to L side, touch R beside L

5&6&7&8 R Hitch(5), step R beside L(&), L hitch(6), step L beside R(&), R hitch(7), touch R beside L(&), R hitch(8)

Option - Arms Movement on count (5&6&7&8): Bend slightly forward waist with arms down(5), up(&), down(6), up(&), down(7), up(&), down(8)

Tag2 (8 Counts): At end of Wall 5 (facing 12:00)

[1-8]: Side, Hold 3 counts, Side, Hold 3 counts

1- 2- 3 - 4 Step on R as you bump R hip to R side and bend L knee out (L heel should be lifted up) with Right hand points to the upper right diagonal and left hand on the thigh L, Hold 3 counts

5- 6 - 7- 8 Step on L as you bump L hip to L side and bend R knee out (R heel should be lifted up) with Cross arms in front of chest (X Factor style), Hold 3 counts

Main dance (64 Counts)

S1: Walk Forward (R-L), Side Shuffle, Walk Back (L-R), Shuffle 1/4 L

1 - 2 Walk forward R, L

3&4 Step R to R side, step L next to R, step R to R side

5- 6 Walk back L, R

7&8 Step L to L side, step R next to L, making a 1/4 turn L step L forward (9:00)

S2: R Side, L Hitch, L Side, R Hitch, R Side, L Behind Touch, Bounce 1/4 Turn L

1-2 Step R to R side, hitch L knee to L diagonal forward (angle upper body L)

3-4 Step L to L side, hitch R knee R diagonal forward (angle upper body R)

5-6 Step R to R side, touch L toe behind R looking to R

7-8 Bounce both heels 2 times while making 1/4 turn L (ends weight on L) (6:00)

S3: Kick Ball Point (R-L), R Heel Touch, Coaster step, Step L Forward

1&2 Kick R forward, step ball of R next to L, point L toe to L side

3&4 Kick L forward, step ball of L next to R, point R toe to R side

5-6&7 Touch R heel forward, step back on R, step L beside R, step R forward

8 Step L forward

S4: R Side, Hip Bumps with Heel Up Down, Pivot 1/4 Turn X2

1&2&3&4 Step R to R side, hips bump (L-R-L-R-L-R) while bounce heel L (up-down-up-down-up-down) (weight on L)

5- 6- 7- 8 Step forward on R, 1/4 turn L X2 (12:00)

S5: Jazz Box, R Cross, 1/4 Turn R, R Chasse

- 1-2-3-4 Cross R over L, step back on L, step R to R side, step forward on L
5- 6 Cross R over L, making 1/4 turn R stepping back on L
7&8 Step R to R side, step L next to R, step R to R side (3:00)

S6: L Scuff, L Hitch, L Touch, L Heel Swivel, Coaster step, Pivot ¼ Turn L

- 1&2 L Scuff , L Hitch, Touch L toe forward
3&4 L heel Swivel (in-out-in)
5&6 Step back on L, step R beside L, step L forward
7- 8 Step forward on R, 1/4 turn L (weight on L) (12:00)

S7: Vine R, Behind Touch, Side Touch, Behind Touch, Side, Behind Touch

- 1-2-3-4 Step R to R side, cross L behind R, step R to R side, touch L behind cross R,
5-6-7-8 Touch L to L side, Touch L behind cross R, Step L to L side, Touch R behind cross L

S8: Walk with Heels Lift in 1/8 Turn R X4 (1/2 Turn R), L Knee Pop, Hold, R Knee Pop, Hold

- 1-2 Turn 1/8 R and step R forward with L heel up, Turn 1/8 R and step L forward with R heel up
3-4 Turn 1/8 R and step R forward with L heel up, Turn 1/8 R and step L forward with R heel up (6:00)
5-6 Step on R and bend L knee forward (L heel should be lifted up), hold
7-8 Step on L and bend R knee forward (R heel should be lifted up), hold

Option- Arms Movement on count (5, 6, 7, 8):

- 5-6 Bend slightly forward from waist with right arm up and left arm back while you band left keen with spread the fingers of the hands, hold
7-8 Bend slightly forward from waist with left arm up and right arm back while you band right keen with spread the fingers of the hands, hold

**** NOTE: Wall 5 & 6 (starts at 12:00) - Count 1,2,3,4 of Section 8 then step change****[1-4]Walk with Heels Lift in 1/4 Turn R X4 (Full Turn R)**

- 1-2 Turn 1/4 R and step R forward with L heel up, Turn 1/4 R and step L forward with R heel up
3-4 Turn 1/4 R and step R forward with L heel up, Turn 1/4 R and step L forward with R heel up (12:00)

Ending Pose (2 counts):

We want to see your cool pose~!!! (facing 12:00)

Enjoy Dancing Always~!!!

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