牅數： 1
級數：Phrased Beginner
編舞者：Mayee Lee（MY）－September 2017
音樂：ABC Dance－Ice Preechaya \＆Mez Tharatorn
或：Ni Gan Ma（你幹嘛）－Show Luo（羅志祥）

Intro：Start after 24 counts or start at 0.15 seconds
Sequence of dance ：ABC Tag1 D Tag2 D

## Part A（96 counts）

Section A1：L \＆R Toes Twist（x4）
1－8 Twist both toes to LRLRLRLR（1－8）
（Hand styling ：Put $L$ hand in front \＆hand palm face up，touch $R$ hand to $L$ hand with $R$ hand palm face down， up，down，up（1－4），$R$ hand touch own cheek RLRL（5－8））

## Section A2 ：Repeat Section 1 （Part A）

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Section A3：R Out，L Out，R In，L In（x2）
1 － \(8 \quad\) Step \(R\) out（1），step \(L\) out（2），step \(R\) in（3），step \(L\) in（4），repeat 1－4（5－8）
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Section A4 ：Bounce On Spot 8 Times
1－8 Both foots bounce on spot 8 counts（1－8）
（Hand Styling：Open both hand with bend elbows（1－4），both hands comb your hair（5－8））
Section A5 ：Touch L Forward \＆Push Hip Forward，Back（x2），Together，Hold（x3）
1－4 Touch L forward \＆push hip forward（1），push hip back，forward \＆back（2－4），（Both hands cross，open，cross，open）
5－8 Step $L$ beside $R(5)$ ，hold（6－8）（Do Hawaiian hand styling at $L$ side（5－6）\＆$R$ side（7－8））
Section A6 ：Touch L Forward \＆Push Hip Forward，Back（x2），Together，Hold（x3）
1－4 Touch L forward \＆push hip forward（1），push hip back，forward \＆back（2－4）（Both hands cross，open，cross，open）
5－8 Step $L$ beside $R(5)$ ，hold（6－8）（Bend both elbows \＆$L$ elbow up $R$ elbow down（5－6），$R$ elbow up \＆L elbow down（7－8））

Section A7 ：Sit On L \＆Bounce 6 times

| $1-4$ | Step $L$ to $L$ ，sit on $L$ \＆bounce twice（1－4）（Straighten $R$ hand to $R$ ，scroll $L$ hand with bend <br> elbow twice anti－clockwise） |
| :--- | :--- |
| $5-8$ | Bounce on spot weight on $L(5-8)($ Straighten $R$ hand to $R$ ，put $L$ hand back to center 4 times） |

Section A8：Sit On R And Bounce 6 times

| $1-4$ | Step $R$ to $R$ ，sit on $R$ \＆bounce twice（1－4）（Straighten $R$ hand to $L$ ，scroll $R$ hand with bend <br> elbow twice clockwise） |
| :--- | :--- |
| $5-8$ | Step on $L$ \＆drag $R$ to $L(5-8)(L$ hand do OK sign） |

Section A9 ：Side，Hold x3，Jump 4 times
$\begin{array}{ll}1-4 & \text { Step } R \text { to } R(1) \text { ，hold }(2-4)(R \text { fist up \＆} L \text { fist down } \times 4) \\ 5-8 & \text { Jump on spot } 4 \text { times（scroll } R \text { hand } \times 4)\end{array}$
Section A10：R \＆L Toes Twist（ x ），Bounce On Spot（ x 4 ）

$5-8 \quad$ Bounce on spot（5－8）（R hand do calling sign）

## Section A11：Bounce On Spot 8 Times

## Section A12 : Bounce On Spot 8 Times

1-8 Bounce on spot(1-8)(Both hands comb head(1-4), open both hands(5-6) Kiss both hands, blow \& open both hands(7-8)

## Part B (32 counts)(Thai Style)

## Section B1 : Touch R x3 slowly $1 / 4$ Turn R, Together, Hold

1 - $8 \quad$ Weight on $L$ \& touch $R$ with hold count from front to $R(1-6)$, step $R$ beside $L(7)(3.00)$, hold(8)

## Section B2 : Touch L x3 slowly $1 / 2$ Turn L, Together, Hold

1-8 Weight on $R$ \& touch $L$ with hold count from $R$ to $L(1-6)$, step $L$ beside $R(7)(9.00)$, hold(8)
Section B3 : Repeat Section 1 (Part B)
Section B4 : Repeat Section 2 (Part B)
Part C (32 counts)(ABC Style)
Section C1 : Hold 8 counts
1 - $8 \quad$ Hold on spot(1-8)(Put $R$ as a Good sign in front(1-2), put L Good sign on top of R(3-4), turn your face to R, L, center(5-7), hold(8))

## Section C2 : Repeat Section 1 (Part C)

## Section C3 : Hold 8 counts

1-8 Hold on spot(1-8)(Put $R$ as a Good sign in front(1-2), put $L$ Good sign on top of $R(3-4)$, turn your face up, down, center(6-7), hold(8))

## Section C4 : Repeat Section 3 (Part C)

## Part D (64 counts)

Section D1 : Touch R \& slowly Turn To R, Touch L \& slowly Turn To L
1-4 Touch $R$ forward(1), touch $R$ to 1.00 (2), touch $R$ to 2.00(3), step $R$ beside $L(4)$
5-8 Touch $L$ to 12.00(5), touch $L$ to 11.00(6), touch $L$ to 10.00(7), step $L$ beside $R(8)$
Section D2 : Touch R \& slowly Turn To R, Touch L Twice, Sit L, Hold
1-4 Touch $R$ forward(1), touch $R$ to $1.00(2)$, touch $R$ to $2.00(3)$, step $R$ beside $L(4)$
5-8 Touch L to 12.00(5), touch L to 11.00(6), sit on L \&point both fingers to $R(7)$, hold(8)

## Section D3 : R Jazz Box x2

1-4 Cross $R(1)$, Step $L$ back(2), step $R$ to $R(3)$, step $L$ forward(4)
5-8 Cross R(5), Step L back(6), step R to R(37, step L forward(8)
Section D4 : R Jazz Box, Cross, Back, Sit R, Hold
1-4 Cross R(1), Step $L$ back(2), step $R$ to $R(3)$, step $L$ forward(4)
5-8 Cross $R(5)$, Step $L$ back(6), step \& sit on $R$ beside $L$ \& both fingers point $L(7)$, hold(8)
Section D5 : R \& L Toes Twist (x4)
1 - $8 \quad$ Twist both toes to $R L R L R L R L(1-8)(R o l l$ both hands in front)
Section D6 : Moving Hands Up \& Down From L To R
1-8 Step $L$ to $L$, start bounce from $L$ to $R(1-8)$
Section D7 : Touch L \& Bounce 8 Times
1-8 Touch $L$ forward \& bounce on spot 8 times(1-8)(Point $R$ finger in front)

## Section D8 : Side Touch, Side Touch(x2)

1-4
Step $L$ to $L(1)$, touch $R$ beside $L(2)$, step $R$ to $R(3)$, touch $L$ beside $R(4)$ (Viper hand styling)
5-8
Repeat counts 1-4
Tag 1 (8 counts): Touch R to diagonally R \& Bounce 8 Times(Both hands hold both elbows)
Tag2 (8 counts) : Step L to L \& twist your body with anti-clockwise(Both Hands Hold both Elbows)
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