Turn this APT into a Club

級數: Beginner / Improver

編舞者: Craig Alphonse (USA) & Sarah Widenhofe (USA) - December 2024

音樂: APT. - ROSÉ & Bruno Mars

*1 Restart

Intro: 32 counts of chorus. Start move on first verse.

(1-8) R SHUFFLE FORWARD. ¾ TURN R. L SHUFFLE FORWARD. ¾ TURN L

- (1) R steps forward, (&) L steps besides R, (2) R steps forward 1&2
- 34 ¾ turn R

拍數: 32

- 5&6 (5) L steps forward, (&) R steps besides L, (6) L steps forward
- ¾ turn L 78

(9-16) R ROCKING CHAIR, ½ TURN L, JUMP, JUMP

- 12 (1) R rock forward, (2) recover back on L
- 34 (3) R rock back, (4) recover forward on L
- 56 1/2 turn L
- 78 (7) Hop forward on both feet, (8) Hop forward on both feet weight ending on L

RESTART: On wall 7

Into the bridge, Rosé will say "getcha getcha" as you do the hops, then you'll restart on beat 1 as she says "Hold on, Hold on..."

(17-24) R-L KICK BALL POINT, R STOMP, L STOMP

- 1&2 (1) Kick RF forward, (&) step RF in place, (2) point L toes to L side
- 3&4 (3) Kick LF forward, (&) step LF in place, (4) point R toes to R side
- 56 Stomp right foot
- 78 Stomp left foot

(25-32) R SAILOR, ¼ TURNING SAILOR, ½ TURNING STEP HITCHES

- 1&2 (1) Step RF behind LF, (&) Step LF to L, (2) Step RF to R
- 3&4 (3) Step LF behind RF, body turning ¼ to the L, (&) Step RF back, (4) Step LF fwd while turning 1/4 to the L
- 56 (5) R step forward, (6) L Hitch with 1/2 turn L
- 78 (7) L lands, (8) R hitch

RESTART: In the middle of wall 7

VARIATION: During the chorus, instead of the hops, you can nod your head as Rose says "Uh huh, Uh huh."

Last Update - 4 Feb. 2025 - R1





牆數:4