

3D Hip Hop Move

COPPERKNOB
STEPSHEETS

拍數: 64 牆數: 2 級數: High Intermediate
編舞者: GoWildWest Isabel (CH) - May 2025
音樂: 3D - Jung Kook (정국) & Jack Harlow



S 1: 2x Side Touch / K-Step

1,2,3,4 RF step R, LF touch, LF step L, RF touch
5,6,7,8 RF step diagonal R fwd, LF touch, LF step diagonal L back, RF touch (do with bodyroll)

S 2: Side Down ¼ Side Up ½ / Step Turn 5/4 Knee Pop

1,2,3,4 turn ¼ L, down in knees, turn ½ R, up & hands up (weight LF)
5,6,7 turn 5/4 L: RF, LF, RF
&8 pop knee with heel up, heel down

(optional do this section with a bodywave:

1,2 down / 3,4 up / 5 down / 6 up / 7 Punch with the R fist towards & body down / 8 hold down)

S 3: Straighten Up / Clap / Girlies Thing Back

1&2&3&4 R elbow push up, L elbow push up, R hand push up, L hand push up, 2x clap hands
5&6&7&8 walk back: RF, LF, RF, LF (move like you have your nails freshly painted...

S 4: Vine R / Vine L ¼

1,2,3,4 RF step R, LF cross behind, RF step R, LF scuff
5,6,7,8 LF step L, RF cross behind, turn ¼ L & LF step L, RF scuff

S 5: Pivot ¾ / Arm Waves

1,2,3,4 RF step fwd, turn ½ L & give weight on LF, RF step fwd, turn ¼ L & give weight on LF
5-8 Wave from L arm to R arm

Explain Startposition : arms outwards and hands straight

5&6 L hand down loosely, push L elbow up, push L shoulder up
&7&8 push R shoulder up, push R elbow up, R hand loosely down, straight R hand

S 6: 2x Slide Step On Place With Pop Turn

1-2 (diagonal L) RF glide across the floor next to LF
&3,4 hitch R knee, turn ¼ R & RF toe R, weight on RF (do this move with knee out)
5-6 (diagonal R) LF glide across the floor next to RF
&7,8 hitch L knee, turn ¼ L & LF toe L, weight on LF (do this move with knee out)

Your body is during S 6 still 12:00

S 7: Slide Step In Turn

1,2 RF toe, RF strut & LF glide
3,4 LF toe, LF strut & RF glide
5,6 RF toe, RF strut & LF glide
7,8 move on place & wait

S 8: Body Weave / Pony Back Rock Back Step Turn ½

1&2, 3&4 head, body, knee, knee, body, head
5&6 RF jump back & LF is hitching, LF close, RF jump back & LF is hitching
7&8 LF rock back, weight on RF, turn ½ L & LF step