

The Sad Pacific (伤心太平洋)

COPPER KNOB
STEPPERS

拍數: 32 牆數: 4 級數: Improver
編舞者: Penny Tan (MY) - June 2025
音樂: The Sad Pacific (伤心太平洋) (DJ豪大大版) - Yang Lan Yi (洋澜一)



#6 Tags / No Restarts

*Tag1 (4C) at end of W5 (facing 3:00) & W10 (facing 6:00)

*Tag2 (16C) the end of W6 (facing 6:00) , W7 (facing 9:00) , W11 (facing 9:00) & W12 (as Ending facing 12:00)

Tag1 (4C) : V Step

1-4 Step RF diagonally fwd , step LF diagonally fwd , step RF back to center , step LF next to RF

Tag2:

Sec1:Side with Bumps R-L

1-4 Step RF to R , touch LF on L , bend L knee with hip bumps to R

5-8 Step LF to L , touch RF on R , bend R knee with hip bumps to L

Sec2:Sways , V Step

1-4 Step RF to R with sway R-L-R-L

5-8 Step RF diagonally fwd , step LF diagonally fwd , step RF back to center , step LF next to RF

Main Dance

SEC1:FWD SHUFFLE R-L , DIAGONAL FWD , HEEL BOUNCE

1&2 Fwd shuffle R-L-R

3&4 Fwd shuffle L-R-L

5-6 Step RF diagonally fwd R , step LF next to RF

&7&8 Bouncing heels up down up down

SEC2:DIAGONAL FWD , HEEL BOUNCE , BACK SHUFFLE R-L

1-2 Step LF diagonally fwd L , step RF next to LF

&3&4 Bouncing heels up down up down

5&6 Back shuffle R-L-R

7&8 Back shuffle L-R-L

SEC3:VINE , HITCH , ¼ TURN L FWD , ½ TURN L STEP BACK , COASTER STEP

1-4 Step RF to R , step LF behind RF , step RF to R , hitch L knee fwd

5-6 ¼ turn L , step LF fwd (9:00) , ½ turn L , step RF back (3:00)

7&8 Step LF back , step RF next to LF , step LF fwd

SEC4:SIDE , KICK R-L , SIDE, TOUCH

1-2 Step RF to R , kick LF over RF

3-4 Step LF to L , kick RF over LF

5-6 Step RF to R , touch LF next to RF

7-8 Step LF to L , touch RF next to LF

Have fun and happy dancing!