

Hao Nan De

Count: 32

Wand: 2

Ebene:

Choreograf/in: Lina Chia (SG) - October 2018

Musik: One In a Thousand (好難得) - Della Wu (丁當)



Intro : Start on Heavy beat 16 counts

Section 1: Rock Recover, Coaster Step, Rock Fwd 1/4 turn Right, Cross ChaCha

1,2,3&4 Rock R Fwd, recover onto L, Coaster Step on R L R

5,6,7&8 Rock L Fwd, 1/4 turn R, Cross Cha Cha L R L

Section 2: Side Rock Recover, Behind side Cross, Side Rock Recover Cross Cha Cha.

1,2,3&4 R Side Rock Recover L, R behind, L side, R cross.

5,6,7&8 L Side Rock Recover R, Cross Cha Cha L R L.

Section 3: Side Rock Recover, Sailor step 1/4 turn R, Fwd Pivot 1/2 turn R, 1/2 turn R Back Cha Cha.

1,2,3&4 R side Rock Recover L, Step R behind L 1/4 turn R, Step L to L side, Step R to R side.

5,6,7&8 L Fwd, Pivot 1/2 turn R, 1/2 turn R Back Cha Cha L R L.

Section 4: Rock Back, Cross Point x 2, Bump, Bump

1,2,3,4 Rock Back R Recover L, R Cross over L, L point to L side

5,6,7,8 Cross L over R, R point to R side, Bump hip to the R, Bump hip to the L.

Restart on Wall 4 after count 16

Ending: During Wall 8 section 4, last two counts - R cross over L, unwind 3/4 L turn to 12 o'clock.

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