

Ren Sheng Lu

Count: 32

Wand: 4

Ebene: Intermediate

Choreograf/in: Lina (INA) & Yulia P M (INA) - September 2019

Musik: Ren Sheng Lu (Jalan Hidup) by Liu de bin



Intro 32 Count

SCISSOR, STEP L TO LEFT SIDE, 1/2 TURN RIGHT, CROSS L OVER R

- 1 &2 Step RF to right side (1), Step LF next to RF (&), Cross RF over LF (2)
3 &4 Step LF to left side (3), make ½ turn right step RF to right side (&), Cross LF over RF (4)
facing 06.00
5 &6 Step RF to right side (5), Make ¼ turn left (&), Step RF fwd (6) facing 03.00
7 &8 Step LF fwd (7), Make ½ turn right ste) facing 09.00

SHUFFLE FORWARD R-L, PIVOT ¼ LEFT, ROCKING LF

- 1 &2 Step RF fwd (1), Step LF next to RF (&), Step RF fwd (2)
3 &4 Step LF fwd (3), Step RF next to LF (&), Step LF fwd (4)
5 &6 Step RF fwd (5), Make ¼ turn left (&), Step RF fwd (6)
7 &8 Rock LF fwd (7), Recover on RF (&), Rock LF back (8) facing 06.00

SAILOR STEP R- L, TURN ¼ LEFT, COASTER STEP, SWEAP

- 1 &2 Rock RF back (1), Recover on LF (&), Step RF to right side (2)
3 &4 Sweap LF turn ¼ left step LF back (3) facing 03.00, Step RF next to LF (&), Step LF fwd
sweap RF out and fwd (4)
5 &6 Cross RF over LF (5), Step LF to left side (&), Cross RF behind LF sweap LF out and back
(6)
7 &8 Cross LF behind RF (7), Step RF to right side (&), Cross LF over RF (8)

STEP R SIDE, WEAVES L- R

- 1 &2 &3 &4 Step RF to right side (1), Recover on LF (&), Cross RF over LF (2), Step LF to left side (&),
Cross RF behind LF (3), Step LF to left side (&), Cross RF over LF (4)
5 &6 &7 &8 Recover on LF (5), Step RF to right side (&), Cross LF over RF (6), Step RF to right side (&),
Cross LF behind RF (7), Step RF to right side (&), Cross LF over RF (8)

HAVE FUN & ENJOY THE DANCE

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