

Wo Zhe Yi Sheng

COPPERKNOB
BYEPOSTETS

Count: 32

Wand: 4

Ebene: Beginner

Choreograf/in: BM Leong (MY) - February 2021

Musik: Wo Zhe Yi Sheng (我这一生) (DJ版) - Ma Jian Tao (马健涛)



Intro: 32 counts.

S1: HEEL, HEEL, SAILOR-CROSS X 2

- 1-2 Tap right heel to right diagonal twice
- 3&4 Cross R behind L, step L to left side, cross R over L
- 5-6 Tap left heel to left diagonal twice
- 7&8 Cross L behind R, step R to right side, cross L over R

S2: RIGHT LINDY, LEFT VINE 1/4 TURN LEFT, SCUFF

- 1&2 Cha cha to right side on RLR
- 3-4 Cross L behind R, recover onto R
- 5-6 Step L to left side, cross R behind L
- 7-8 1/4 turn left stepping L forward, scuff R forward

S3: TWIST RIGHT & LEFT ON HEELS-TOES-HEELS WITH CLAPS

- 1-2 Twist right on heels, twist right on toes
- 3-4 Twist right on heels, clap
- 5-6 Twist left on heels, twist left on toes
- 7-8 Twist left on heels, clap

S4: FORWARD ROCK, TRIPLE 1/2 TURN RIGHT, FORWARD ROCK, COASTER STEP

- 1-2 Rock R forward, recover onto L
- 3&4 Triple 1/2 turn right on RLR
- 5-6 Step L forward, recover onto R
- 7&8 Coaster step on LRL

(www.sjlinedancer.blogspot.com)