

Shaolin Dance

Count: 36

Wand: 2

Ebene: Improver

Choreograf/in: Henry Costa (USA)

Musik: Blue Heart (心藍) - Andy Lau (劉德華)



FORWARD, FORWARD, CROSS UNWIND ½ TURN TRIPLE STEP, FORWARD, FORWARD, CROSS UNWIND ¾ TURN TRIPLE STEP

- 1-2 Step forward right, step forward left
- 3&4 Cross right in front of left (weight on ball of foot, heel raised), left step with turn (on ball of left foot - starting turn to left), right step next to left (½ turn triple step completed - drop down heel of right so weight is throughout right)
- 5-6 Step forward left, step forward right
- 7&8 Cross left in front of right (weight on ball of foot, heel raised), right step with turn (on ball of right - starting turn to right), left step next to right (¾ turn triple step completed - drop down heel of left so weight is throughout left)

FORWARD, FORWARD, CROSS UNWIND ½ TURN TRIPLE STEP, FORWARD, FORWARD, CROSS UNWIND ¾ TURN TRIPLE STEP

- 1-2 Step forward right, step forward left
- 3&4 Cross right in front of left (weight on ball of foot, heel raised), left step with turn (on ball of left foot - starting turn to left), right step next to left (½ turn triple step completed - drop down heel of right so weight is throughout right)
- 5-6 Step forward left, step forward right
- 7&8 Cross left in front of right (weight on ball of foot, heel raised), right step with turn (on ball of right - starting turn to right), left step next to right (¾ turn triple step completed)

BACK, RECOVER, STEP, BACK, RECOVER, STEP, BACK, RECOVER, STEP, BACK, RECOVER, STEP

- 1&2 Step back right, recover weight on left, right next to left (weight now on right)
- 3&4 Step back left, recover weight on right, left next to right (weight now on left)
- 5&6 Step back right, recover weight on left, right next to left (weight now on right)
- 7&8 Step back left, recover weight on right, left next to right (weight now on left)

RIGHT HIP BUMP, RIGHT HIP BUMP, LEFT HIP BUMP, LEFT HIP BUMP, RIGHT, LEFT, RIGHT, LEFT HIP SWAYS IN PLACE

- 1-2 Right hip bump, right hip bump (2 hip bumps to right side in place)
- 3-4 Left hip bump, left hip bump (2 hip bumps to left side in place)
- 5-6 Right hip sway to right, left hip sway to left (both done in place)
- 7-8 Right hip sway to right, left hip sway to left (both done in place - weight transferred to left)

RIGHT STEP FORWARD, ½ PIVOT, RIGHT STEP FORWARD, ½ PIVOT

- 1-2 Right step forward, ½ pivot left (weight transfers to left)
- 3-4 Right step forward, ½ pivot left (weight transfers to left)

REPEAT