### **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 (1/2 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 (3/4 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

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 (1/2 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 (3/4 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**