

Sum Lei Yau Hei

Count: 64

Wand: 2

Ebene: Intermediate

Choreograf/in: Leong Mei Ling (MY) - July 2009

Musik: Me, Myself & I (Cha-Cha Mix) - Vitamin C



Alternative: Sum Lei Yau Hei by Daniel Chan (125bpm)

Intro: 32 counts

(1-8) CROSS, BALL SIDE, CROSS ROCK SIDE, BACK ROCK, STEP LOCK STEP (S-L-S)

- 1-2&3 Cross R over L, hold (2), press ball of L beside R, push off on ball of L and step R to right
4&5 Cross rock L over R, recover R, step L to left
6-7 Rock back R, recover L
8&1 Step R forward, lock L behind R, step R forward [12:00]

(9-16) CROSS, 1/4 LEFT, S-L-S, TOGETHER, STEP, S-L-S (FAN DEVELOPMENT)

- 2-3 Cross L over R [1:30], 1/4 turn left step back R [9:00]
4&5 Step L back, lock R across L, step L back
&6 Bring ball of R beside L (&), change weight to R and release L heel (6)
7 Step L forward
8&1 Step R forward, lock L behind R, step R forward

(18-24) RIGHT SPIRAL, STEP, S-L-S, 1/4 LEFT SWEEP, STEP, HIP BUMPS

- 2 Step L forward and make a full turn right (ending with R across and resting over L ankle)
3 Step R forward
4&5 Step L forward, lock R behind L, step L forward (prep for turn & sweep)
6-7 Turn 1/4 left sweeping R to front, Step R across L [6:00]
8&1 Step L to left - hip bumps left & left

(Easier option for count 2-3: Step L forward, lock R behind L)

(25-32) HIP SWAYS, HIP BUMPS, HIP SWAYS, BACK ROCK

- 2-3 Sway hips right, sway hips left
4&5 Hip bumps right & right
6-7 Sway hips left, sway hips right
8& Rock back L, recover R

(33-40) SYNCOPATED SHUFFLE, TAP BALL STEP, ROCK, 1/8 TURN STEP-TOGETHER

- 1-2&3 Step L forward to left diagonal, hold, step ball of R behind L, step L forward to left diagonal [4:30]
4&5 Tap R behind L, press R ball behind & slight away from L (pushing R hip behind), recover R
6-7 Rock R forward, recover L
8& 1/8 turn right step R to right, step L beside R [6:00]

(41-49) SYNCOPATED SIDE SHUFFLE, CROSS ROCK, SIDE ROCK, 1/2 TURN SWEEP, SAILOR STEP

- 1-2&3 Step R to right, hold, step L beside R, step R to right
4&5& Rock L fwd, recover weight to R, touch L
6-7 Step L forward, turn 1/2 right sweeping R front to back (weight remains on L) [12:00]
8&1 Step ball of R behind L, press ball of L beside R, step R to right diagonal [1:30]

(50-57) HOLD, SYNCOPATED SHUFFLE, CROSS ROCK, SIDE, CROSS, 1/4 TURN, SIDE ROCK TOUCH

- 2&3 Hold, step ball of L behind R, step R forward to right diagonal
4&5 Cross L over R, recover to L, step L to side (left foot & body to face 10:30)
6-7 Step R forward [10:30], 1/4 turn right step L back [3:00]

8&1 Rock R to right, recover L, touch R beside L

(58-64) BACK ROCK, S-L-S, STEP, 1/2 TURN, BACK TOGETHER

2-3 Rock back R, recover L

4&5 Step R forward, lock L behind R, step R forward

6-7 Step fwd L, turn 1/4 right touch R beside L

8& Rock R to side, recover weight to L

REPEAT

Note: Many thanks to my mother, my first cha-cha 'teacher' and to Bronya for her invaluable input.

Last Update - 14 July 2023 - R2
