

Ban Dean Shin

Count: 64

Wand: 2

Ebene: Beginner

Choreograf/in: Sally Hung (TW) - July 2014

Musik: Ban Dean Shin by Grass hopper



Start to dance after 32 counts from the heavy drum beat - No Tag, No Restart

S1. BACK ROCK, RECOVER, FWD SHUFFLE, SIDE ROCK, RECOVER, CROSS SHUFFLE

1,2,3&4 Rock back on R, recover onto L, fwd shuffle on RLR
5,6,7&8 Rock L to L side, recover onto R, cross shuffle on LRL

S2. SIDE ROCK, RECOVER, CROSS SHUFFLE, STEP, PIVOT ½ TURN R, FWD SHUFFLE

12,3&4 Rock R to R side, recover onto L, cross shuffle on RLR
5,6,7&8 Step L fwd, pivot ½ turn R, fwd shuffle on LRL

S3. VINE L, CROSS RECOVER, SIDE SHUFFLE

1,2,3,4 Cross step R over L, step L to L side, cross R behind L, step L to L side
5,6,7&8 Cross rock R over L, recover onto L, side shuffle on RLR

S4. VINE R, ¼ TURN R FWD, PIVOT ½ TURN R, FWD SHUFFLE

1,2,3,4 Cross step L over R, step R to R side, cross step L behind R, step R to R side
5,6,7&8 ¼ turn R stepping L fwd, pivot ½ turn R, fwd shuffle on LRL

S5. PADDLE TURN ¼ L x4

1,2,3,4 Step R fwd, pivot turn ¼ L, step R fwd, pivot turn ¼ L
5,6,7,8 Step R fwd, pivot turn ¼ L, step R fwd pivot turn ¼ L

S6. ¼ TURN R JAZZ BOX, ROCKING CHAIR

1,2,3,4 Cross step R over L, ¼ turn R stepping L back, step R to R side, step L fwd
5,6,7,8 Rock R fwd, recover on L, rock back on R, recover on L

S7. SIDE SHUFFLE, ROCK BACK, RECOVER, SIDE SHUFFLE, ROCK BACK, RECOVER

1,2,3&4 Side shuffle on RLR, rock back on L, recover on R
5,6,7&8 Side shuffle on LRL, rock back on R, recover on L

S8. ROCK FWD, RECOVER, COASTER STEP, SWAY, SWAY, SWAY, TOUCH TOGETHER

1,2,3&4 Rock R fwd, recover on L, step back on R, step L beside R, step R fwd
5,6,7,8 Step L to side and sway L, R, L, touch R beside L

Have Fun!

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