

# Dancing Herbal

Count: 32

Wall: 4

Level: Improver

Choreographer: Diana Liang (CN) - April 2022

Music: Ben Cao Gang Mu (本草綱目) - Jay Chou (周杰倫)



Intro: 16

Tag: at the end of W4

Restart: after 16C of W6 and 8C of W8

## S1: RL Side Together, Run Forward x 3; LR Side Together, Run Backwards x 3

1&2& step Rf to R side, touch Lf next to Rf, step Lf to L side, touch Rf next to Lf

3&4 step RF forward, step Lf forward, step Rf forward

5&6& step Lf to L side, touch Rf next to Lf, step Rf to R side, touch Lf next to Rf

7&8 step Lf back, step Rf back, step Lf back

**\*\*2nd Restart Here: during W8**

## S2: Back Mambo, LR High Hook Pat; Forward Mambo, LR Hitch Pat

1&2 step Rf back, recover to Lf, step Rf forward

3&4 hook Lf high using R hand to pat the inner side of L foot, step Lf down, hook Rf high using L hand to pat the inner side of R foot

5&6 step Rf forward, recover to Lf, step Rf back

7&8 hitch Lf using R hand to pat the L thigh, step Lf down, hitch Rf using L hand to pat the R thigh

**\*1st Restart Here: during W6**

## S3: Side Recover 1/4L, Extended Lock Steps; Forward 1/2R, Extended Lock Steps

1&2& step Rf to R, turn 1/4 to L stepping Lf in place, 9H, step Rf forward, lock Lf behind Rf

3&4 step Rf forward, lock Lf behind, step Rf forward

5&6& step Lf forward, turn 1/2 to R stepping Rf in place, 3H, step Lf forward, lock Rf behind Lf

7&8 step Lf forward, lock Rf behind Lf, step Lf forward

## S4: Point Switches, 1/2 L with 1/8L Paddle x 3, 1/8 L Touch

1&2& point Rf forward, step Rf next to Lf, point Lf forward, step Lf next to Rf

3&4& = 1&2&

5&6& turn 1/8 to L stepping Rf to R, 1:30H, recover to Lf, turn 1/8 to L stepping Rf to R, 12H, recover to Lf

7&8 turn 1/8 to L stepping Rf to R, 10:30H, recover to Lf, turn 1/8 to L touch Rf next to Lf

Tag Here: at the end of W4

Ending: 2C after 16 Counts of W12

1-2 turn 1/4 to R stepping Rf forward, step Lf forward to finish facing 12H

Thanks and happy dancing!

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