

Jingli Nona

Count: 48

Wall: 4

Level: Improver

Choreographer: BM Leong (MY)

Music: Jingli Nona



STEP FORWARD ON RIGHT-LEFT-RIGHT, TOUCH, STEP BACK ON LEFT-RIGHT-LEFT, TOUCH

1-2 Step right forward, step left forward

3-4 Step right forward, touch left to side

At the same time, touch left hand left

5-6 Step left back, step right back

7-8 Step left back, touch right to side

At the same time, touch right hand right

CROSS, TURN, BACK, HEEL, STEP, TURN, BACK, HEEL

1-2 Cross right over left, turn $\frac{1}{4}$ right and step left back

3-4 Step right back, touch left heel forward

Bend body forward with left hand parallel to left leg and right hand raised at the back slanting at an angle

5-6 Step left forward, turn $\frac{1}{2}$ left and step right back

7-8 Step left back, touch right heel forward

Bend body forward with right hand parallel to right leg and left hand raised at the back slanting at an angle

9-16 Repeat 1-8

CROSS-ROCK, TRIPLE IN PLACE, CROSS-ROCK, TRIPLE IN PLACE

1-2 Rock right over left, recover onto left

3&4 Triple in place stepping right, left, right

5-6 Rock left over right, recover onto right

7&8 Triple in place stepping left, right, left

Arms: for count 1, swing right hand from right to left at chest level. For count 5, swing left hand from left to right to left also at chest level. Keep opposite hand at the back

FORWARD-ROCK, COASTER STEPS, CROSS, UNWIND $\frac{3}{4}$ TURN RIGHT

1-2 Rock right forward, recover onto left

3-4 Coaster step stepping right, left, right

5-8 Cross left over right, unwind $\frac{3}{4}$ right over 3 counts

Touch left hand at the floor and touch right hand back and upward slanting at an angle

FORWARD ROCK, COASTER STEPS, ROCKING CHAIR

1-2 Rock left forward, recover onto right

3&4 Coaster step stepping left, right, left

5-8 Rock right forward, recover to left, rock right back, recover to left

REPEAT

RESTART

During the third repetition, dance up to count 24, clap twice and start from the beginning
