

Hai Yu Lian

Compte: 96

Mur: 2

Niveau: Phrased Easy Intermediate



Chorégraphe: Jennifer Jou (TW) - November 2015

Musique: Hai Yu Lian By Siao Jing Teng

Intro: 16 counts - Sequence: A/B / B/B / A/B / B/B / B/Tag/B

Part A: 32 counts

Sec A1: RUN FWD R L R L, ROCK R, ROCK L, ROCK R, ROCK L

1 2 3 4 Run fwd on R L R L

5 6 7 8 Step RF to R and rock to R, rock L, rock R, rock L

Sec A2: RIN BACK R L R L, ROCK R, ROCK L, ROCK R, ROCK L

1 2 3 4 Run back on R L R L

5 6 7 8 Step RF to R and rock to R, rock L, rock R, rock L

Sec A3: SIDE, TOG, SIDE, KICK, SIDE, TOG, SIDE, KICK

1 2 3 4 step RF to R, step LF together, step RF to R, kick LF to L diagonal

5 6 7 8 Step LF to L, step RF together, step LF to L, kick RF to R diagonal

Sec A4: SIDE, KICK, SIDE, KICK, SWIVEL HEELS RLRL

1 2 3 4 Step RF to R, kick LF, step LF to L, kick RF

5 6 7 8 Swivel both heels R L R L (weight to L)

Part B: 64 counts

Sec B1: KICK, TOG, KICK, TOG

1 2 3 4 kick R forward, step RF beside L, kick LF fwd, step LF beside R

5 6 7 8 Repeat

Sec B2: TWIST TO THE R, TWIST TO THE L

1 2 3 4 Step RF to R with body twisting from central to the R (weight to R)

5 6 7 8 Twist body to the L (weight to L)

Sec B3: BACK ROCK, RECOVER, SIDE ROCK, RECOVER, 1/4 TURN JAZZ BOX

1 2 3 4 Rock RF behind LF, recover onto LF, rock RF to R side, recover onto LF

5 6 7 8 Cross RF over LF, step LF back, 1/4 turn R step RF to R, step LF next RF 3:00

Sec B4: ROCKING CHAIR, FWD, 1/2 PIVOT, FWD, 1/4 PIVOT

1 2 3 4 Rock RF fwd, recover on LF, rock RF back, recover on LF

5 6 7 8 Step RF fwd, 1/2 turn left weight on LF, step RF fwd, 1/4 turn right weight on LF 6:00

Sec B5: TOE, HEEL, TOE, HEEL, TWIST TRAVELLING RIGHT

1 2 3 4 Weight on LF swivel R toe in, R heel out, R toe in, R heel out

5 6 7 8 Twist Heels to R, twist toes to R, twist heels to R, hitch LF

Sec B6: TOE, HEEL, TOE, HEEL, TWIST TRAVELLING LEFT

1 2 3 4 Weight on RF, swivel L toe in, L heel out, L toe in, L heel out

5 6 7 8 Twist heels to L, twist toes to L, twist heels to L, hitch RF

Sec B7: CROSS, TOUCH, CROSS, TOUCH, HIP R BUMP

1 2 3 4 Cross RF over LF, touch LF to L, cross LF over RF, touch RF to R

5 6 7 8 Step RF to R and hip bump to R over 4 counts

Sec B8: BEHIND, TOUCH, BEHIND, TOUCH, HIP L BUMP

1 2 3 4 Cross LF behind RF,touch RF to R,cross RF behind LF,touch LF to L
5 6 7 8 Step LF to L side and hip bump to L over 4 counts

Tag: 24 counts

CROSS, TOUCH, CROSS, TOUCH, HIP R BUMP

1 2 3 4 Cross RF over LF, touch LF to L, cross Lf over RF, touch RF to R
5 6 7 8 Step RF to R and hip bump to R over 4 counts

BEHIND, TOUCH, BEHIND, TOUCH, HIP L BUMP

1 2 3 4 Cross LF behind RF, touch RF to R, cross RF behind LF, touch LF to L
5 6 7 8 Step LF to L side and hip bump to L over 4 counts

SIDE, KICK, SIDE, KICK, SWIVEL HEELS RLRL

1 2 3 4 Step RF to R, kick LF, step LF to L, kick RF
5 6 7 8 Swivel both heels R L R L (weight to L)

Have fun and enjoy.....

Contact: chou450819@yahoo.com.tw
