Lan E Hing Ho

Compte: 32	**Mur:** 4	**Niveau:** Improver

Chorégraphe: Sally Hung (TW) - January 2016

Musique: Ruan De Xiang Fu (阮的幸福) - Chen Shu Ping (陳淑萍)

Sequence Of Dance: Tag1/ S S S(16 Counts) Tag1 Tag2/S S S(16 Counts) Tag1/ S S(12 Counts) ¼ Turn R To12:00 Tag1 Tag2(8 Counts)

Intro: 16 Counts

Tag1. (16 counts)

1,2,3,4	Step R to R side with R arm held up high for 2 counts, slowly down to the middle for 2 counts
5,6,7,8	Using R arm make a big circle from L low to high(weight on L), above head, then towards R(weight on R)
9,10,11,12	Step L to L side with L arm held up high for 2 counts, slowly down to the middle for 2 counts
13,14,15,16	Using L arm make a big circle from R low to high(weight on R), above head, then towards L(weight on L)

Tag 2. (16 counts)

1,2,3,4	Touch R toes fwd, hold, touch R toes to the R, hold
5,6,7,8	Step R in place and hold with both arms open outwards then slowly down
9,10,11,12	Touch L toes fwd, hold, touch L toes to the L, hold
13,14,15,16	Step L in place and hold with both arms open outwards then slowly down

S1. SIDE TOGETHER, SIDE TOGETHER, SIDE SHUFFLE, POINT, HOLD

1,2,3,4	Step R to R side, step L next to R, step R to R side, step L next to R
5&6,7,8	Step R to R side, close L beside R, step R to R side, touch L to L side, hold

S2. SIDE TOGETHER, SIDE TOGETHER, SIDE SHUFFLE, POINT, HOLD

1,2,3,4	Step L to L side, step R next to L, step L to L side, step R next to L
5&6,7,8	Step L to Lside, close R beside L, step L to L side, touch R to R side, hold

S3. SIDE, ROCK BACK, RECOVER, SIDE, ROCK BACK, RECOVER, WALK BACK R-L, ROCK BACK, RECOVER

1&2,3&4	Step R to R side, rock L toes behind R, recover onto R, step L to L side, rock R toes behind L, recover onto L
5,6,7,8	Walk back on R-L, rock back on R, recover onto L

S4. FWD SHUFFLE X2, ¼ TURN R FWD SHUFFLE, ½ TURN L FWD SHUFFLE

1&2,3&4	R shuffle fwd stepping RLR, Lshuffle fwd stepping LRL
5&6,7&8	Make a ¼ turn R fwd shuffle on RLR, make a ½ turn L fwd shuffle on LRL

Happy dancing!

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