

Chuan-Nong-Long-Tai

Compte: 32

Mur: 2

Niveau: Beginner



Chorégraphe: Ploy Wantanaporn (THA) - August 2023

Musique: Chuan Nong Long Taiy (ชวนน้องล่องใต้) (feat. Gluay Stamp [กล้วย แสดมภ์]) (DJ Pao Remix) - Nat Rachan (แนท ราเชนทร)

Intro: (16 count) approx. 6 secs - 1 Tag, 2 Restart

Tags: Wall 2 after Sec.4 then continue Sec.1

Restart: Wall 10&12 After Sec.1

Sec 1: Side, Touch with arms swing

- 1-4 Step RF to R with arms swing from downward to upward(1), touch LF next to RF with arms swing downward(2), Step RF to R with arms swing upward (3), touch LF next to RF with clap(4)
- 5-8 Step LF to L with arms swing from downward to upward(5), touch RF next to LF with arms swing downward(6), Step LF to L with arms swing upward (7), touch RF next to LF with clap(8)

Sec 2: Mambo, Rocking chair

- 1&2 Rock backward on R(1), recover on L(&), step RF next to LF(2)
- 3&4 Rock backward on L(3), recover on R(&), step LF next to RF(4)
- 5-6 Rock RF forward(5), Recover on L(6)
- 7-8 Rock RF backward(7), Recover on L(8)

(Styling option: Push L hand forward and R arm touch on chest with lift elbow up while Rock RF backward(5), L hand recover to touch on chest with lift elbow up while RF next to LF(6) then do another side)

Sec 3: Grapevine, Heel

- 1-4 RF step to R side(1), LF step behind R(2), RF step to R side(3), LF heel to side(4)
- 5-8 LF step to L side(5), RF step behind L(6), LF step to L side(7), RF heel to side(8)

Sec 4: Hip bump, Pivot ½ turn

- 1-2 RF step to R side with hip bump to R(1), Bump hips left(&), Bump hips right(2)
- 3-4 Bump hips left(&), Bump hips right(3), Bump hips left(&), Bump hips right(4)
- 5-6 LF step forward(5), ½ turn to R putting weight on RF(6)
- 7-8 LF step forward(7), RF touch next to L

Tag: Wall 2 after Sec.4 then continue Sec.1

- 1-2 RF point to R side(1), touch RF next to LF(2)
- 3-4 LF point to L side(3), touch LF next to RF(4)

Ending: Wall 14 after Sec.2 and free pose as you like :D

This routine is a southern thai style song, Hope you will like it. Enjoy!!!! XOXO :D

Last Update: 1 Sep 2023