

Shi Ni (Meng Ran)

Compte: 64

Mur: 2

Niveau: Low Intermediate

Chorégraphe: Christie Lim (MY) & Peter Reber (SA) - October 2023

Musique: Its You (是你) - MIYA (梦然)



Sequence: AB Tag AB AB

Dance starts after 16 Count on vocals

Part A

Sec A1: Step, Step, ½ Turn R, Step, Step, ½ Turn L

- 1 & 2 & Lift RF fwd (rise on ball of LF), Step on RF, Lift LF fwd (rise on ball of RF), Step on LF
3 & 4 Walk (RF), Walk 1/4 turn R (LF), Walk ¼ turn (RF)
5 & 6 & Lift LF fwd (rise on ball of RF), Step on LF, Lift RF fwd (rise on ball of LF), Step on RF
7 & 8 Walk (LF), Walk 1/4 turn L (RF), Walk ¼ turn (LF)

Sec A2: Shuffle diagonally, Step L sway, Sway R, ¼ Turn L, ¾ Spiral Turn L

- 1 & 2 & Step fwd RF (diagonal), Step LF next to RF, Step fwd RF (diagonal), Touch LF next to RF
3 4 Step L sway L, Sway to R
5 6 1/4 turn L Step LF, Cross RF over L 3/4 turn L
7 & 8 Step LF fwd, Step RF next to LF, Step LF fwd

Sec A3: Extended Weave L, Cross, Point, Extended Weave R, Cross, Point behind

- 1 & 2 & Cross RF over LF, Step LF to L, Cross RF behind LF, Step LF to L
3 & 4 & Cross RF over L, Step LF to L, Cross RF behind LF, Point LF to L
5 & 6 & Cross LF over RF, Step RF to R, LF behind RF, Step RF to R,
7 & 8 Cross LF over RF, Step RF to side, Point LF behind RF

Sec A4: Nightclub (2x), 1/8 Turn L, 1/8 Turn L RF Across, ¼ Turn R, ½ Turn R, Step L fwd

- 1 2 & Step LF to side, Step RF behind LF, Recover
3 4 & Step RF to side, Step LF behind RF, Recover
5 6 1/8 turn L step LF, 1/8 turn step RF across LF
7 & 8 1/4 turn R step LF back, 1/2 turn R step RF fwd, Step LF fwd

Part B

Sec B1: Fwd diagonally (x2), Pivot ½ turn (x2), ½ Turn sweep back, sweep back, Coaster step

- 1 & 2 & RF diagonally fwd, Touch LF next to RF, LF diagonally fwd, Touch RF next to LF
3 & 4 & Step RF fwd, ½ turn L (weight on LF), Step RF fwd, ½ turn L (weight on LF),
5 6 1/2 turn L step RF back sweeping LF back, Step on LF sweeping RF back
7 & 8 Step on RF, Step LF next to RF, Step RF fwd

Sec B2: Serpiente, (Cross Rock, Recover) (x2)

- 1 & 2 Cross LF over RF, Step RF the R, Step LF behind RF
3 & 4 & Sweep RF from front to back behind LF, Step LF to L, Step together, Step LF to L
5 & 6 Cross RF over LF, Recover, Step RF to R
7 & 8 Cross LF over RF, Recover, Step LF to L

Sec 3: Repeat B1

Sec 4: Repeat B2

Tag (Step, Point) (x2), Rocking Chair

1 & 2 & Step RF fwd, Point LF to L, Step LF fwd, Point RF to R

3 & 4 & Rock RF fwd, Recover, RF back rock, Recover

Enjoy Dance!

For any question contact

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