Ren Sheng Yi Shou Ge (人生一首歌)

Compte: 32   **Mur:** 4   **Niveau:** Intermediate

Chorégraphe: Siske Natali (INA) - September 2024

Musique: 人生一首歌-演唱:郭惠芬和郭芷邑（原唱罗时丰和江志丰）

Intro : Start on vocals

SECT : NIGHT CLUB . R – SIDE – BEHIND – SIDE- CROSS ROCK – RECOVER – TURN 7/8 RIGHT WITH SWEEP

1-2&	Step R to side, Step L slightly back, C roos R over L.
3-4&	Step L side, Cross R behind L, Step L to side
5-6&	Cross Rock R over L, Recover on L, Turn 3/8 right step R forward (3.00).
7-8&	Turn 1/2 right step L back with sweep, R from front to back , Cross R behind L, Step L to side. (9.00)

SECT 2 : CROSS ROCK R – L – LUNGE – RECOVER – BACK – TURN 1/4 LEFT SWAY R – L

1-2&	Cross R over L, Recover on L, Step R to side.
3-4&	Cross L over R, Recover on R, Step L to side.
5-6&	Step R forward and lunge, Recover on L, Step R back.
7-8&	Turn 1/4 left Step L to side, Sway hip to right, Sway hip to left.

SECT 3 : SIDE DIAMOND 1/4 – CROSS ROCK – RECOVER – SIDE ROCK – RECOVER – BACK WITH SWEEP – BEHIND – SIDE

1-2&	Step R forward with sweep L from back to front, Cross L over R, Step R to side.
3-4&	Turn 1/8 to left step L back, Step R back, Turn 1/8 left step L to side.
5& 6&	Cros R oven L, Recover L, Rock R to side, Recover on L.
7-8&	Step R back with sweep L from front to back, Cross L behind R, Step R to side.

SECT 4 : CROSS ROCK L – R – FORWARD WITH SWEP – TOUCH L BEHIND R – BACK WITH SWEEEP – CROSS – SIDE.

1-2&	Cross L over R, Recover on R, Step L to side.
3-4&	Cross R over L, Recover on L, Step R Tto side.
5-6&	Step R forward with sweep R from back to frond, Cross R over L, Touch L behind R.
7-8&	Step L back with sweep R from frond to back, Cross R behind L, Step L to side.

Restarts -
: On wall 3 after 16& C
: On wall 7 after 16& C
: On Wall 8 after 8 C

Tag : On Wall 4 – 4 C
Night Club R - L

1 - 2&	Step R to side, Step L slightly back , Cross R over L
3 - 4 &	Step L to side ,Step R slightly back ,Cross L over R

Email : siskeindrus@gmail.com
PLDC : Pekan Baru Line Dance Community
Happy Dancing Always

Last Update: 28 Sep 2024