

Chan Fu (搀扶)

Compte: 32

Mur: 4

Niveau: Low Intermediate



Chorégraphe: Mei Xiang (MY) - January 2025

Musique: Chan Fu (搀扶) - Ma Jian Tao (马健涛) : (剪辑缩短)

(Thanks to Hazel Tan for recommending such a beautiful piece of music)

Intro : 32 counts- No Tag, No Restart

Sec 1 : Step fwd -fwd-Pivot 1/2 Turn R - Fwd - Fwd - Pivot 1/2 Turn L- Step back & sweep back (X3)- Behind - Side

- 12& Step R fwd, Step L fwd, 1/2 Turn R Step fwd R (6:00)
34& Step L fwd(1) , Step R fwd(2) , 1/2 turn L Step L in place(&) (12:00)
567 Step R back sweep L(5), Step L back sweep R(6), Step R back sweep L(7)
8& Cross L behind R (8), Step R to side (&)

Sec 2 : Cross rock- Recocer - Side (L & R) 1/4 Diamond Step

- 12& Cross L over R (1), Recover on R (2) , Step L to side (&)
34& Cross R over L (3), Recover on L (4) , Step R to side (&)
56& Cross L over R (5), Step R to side(6), 1/8 turn L Step L back (&)(10:30)
78& Cross R behind L (7), 1/8 Turn L Walk L fwd (8), Walk R fwd (&), (9:00)

Sec 3. Forward Mambo L - R Behind, L Side, R Cross , spiral Full Turn (L) with L Sweep, L Behind, R Side, L Cross Shuffle (9:00)

- 1-2& Rock L F forward(1), recover weight on RF (2) Step L to R (&)
3&4- 5. Cross RF behind LF (3), step LF to L side (&), cross RF over LF (4), make a spiral turn L over L (5)
6&7&8 Cross LF behind RF (6), step RF to R side (&), cross LF over RF (7), step RF to R side (&), cross LF over RF (8)

Sec 4. R&L Basic Nightclub, R-L Side Body Sways (9:00)

- 1-2& Step RF to R side (1), rock LF behind RF (2), recover weight on RF slightly crossing over LF (&)
3-4& Step LF to L side (3), rock RF behind LF (4), recover weight on LF slightly crossing over RF (&)
5-6-7-8 Step RF to R side swaying body to R side (5), sway body to L side (6), swaying body to R side (7), sway body to L side (8)

Start again 2nd wall at (9:00).

Happy Dancing

Last Update: 19 Jan 2025