

Support (挽扶)

Compte: 32

Mur: 4

Niveau: High Improver



Chorégraphe: Heru Tian (INA) - March 2025

Musique: 挽扶 - 马健涛

ou: Chan Fu (挽扶) - Ma Jian Tao (马健涛)

****No Tag, No Restart**

Section 1 : Side Rock, Ball, Syncopated Weave, Cross Rock, 1/4L Sailor

- 12 Rock RF to R Side (1), Recover on LF (2)
&3&4& Ball RF beside LF (&), Cross LF over RF (3), Step RF to R Side (&), Cross LF behind RF (4), Step RF to R Side (&)
56 Rock LF cross over RF (5), Recover on RF, Sweep LF front to back (6)
7&8 1/4L, Step LF Back (7), Step RF beside LF (&), Step LF Fwd (8) (9.00)

Section 2 : Fwd Rumba Box (R&L), Pivot 1/4L, Fwd Lock Shuffle

- 1&2 Step RF to R Side (1), Step LF next to RF (&), Step RF Fwd (2)
3&4 Step LF to L Side (3), Step RF next to LF (&), Step LF Fwd (4)
56 Step RF Fwd (5), Pivot 1/4L, shifting weight to LF (6) (6.00)
7&8 Step RF Fwd (7), Lock LF behind RF (&), Step RF Fwd (8)

Section 3 : 1/4L Cross, Side, Together, Cross, 1/4R Back, Together, Fwd, 1/2L Back, Back Lock Shuffle

- 1&2 1/4L, Cross LF over RF (1), Step RF to R Side (&), Step LF next to RF, angle body facing L Diagonal (2) (1.30)
3&4 Cross RF over LF (3), 1/4R, Step LF Back (&), Step RF next to LF (4) (6.00)
56 Step LF Fwd (5), 1/2L, Step RF Back (6) (12.00)
7&8 Step LF Back (7), Lock RF over LF (&), Step LF Back (8)

Section 4 : Basic NC (R&L), Side, Behind Touch, Unwind 3/4L, Touch Together

- 12& Take a long step RF to R Side (1), Step LF slightly behind RF (2), Cross RF over LF (&)
34& Take a long step LF to L Side (3), Step RF slightly behind LF (4), Cross LF over RF (&)
5678 Step RF to R Side (5), Touch LF toe behind RF (6), Unwind 3/4L, shifting weight to LF (7), Touch RF next to LF (8) (3.00)

Start again..

Happy Dancing

Best Regards,

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