

# Shaolin Dance

Compte: 36

Mur: 2

Niveau: Improver

Chorégraphe: Henry Costa (USA)

Musique: Blue Heart (心藍) - Andy Lau (劉德華)



## FORWARD, FORWARD, CROSS UNWIND ½ TURN TRIPLE STEP, FORWARD, FORWARD, CROSS UNWIND ¾ TURN TRIPLE STEP

- 1-2 Step forward right, step forward left
- 3&4 Cross right in front of left (weight on ball of foot, heel raised), left step with turn (on ball of left foot - starting turn to left), right step next to left (½ turn triple step completed - drop down heel of right so weight is throughout right)
- 5-6 Step forward left, step forward right
- 7&8 Cross left in front of right (weight on ball of foot, heel raised), right step with turn (on ball of right - starting turn to right), left step next to right (¾ turn triple step completed - drop down heel of left so weight is throughout left)

## FORWARD, FORWARD, CROSS UNWIND ½ TURN TRIPLE STEP, FORWARD, FORWARD, CROSS UNWIND ¾ TURN TRIPLE STEP

- 1-2 Step forward right, step forward left
- 3&4 Cross right in front of left (weight on ball of foot, heel raised), left step with turn (on ball of left foot - starting turn to left), right step next to left (½ turn triple step completed - drop down heel of right so weight is throughout right)
- 5-6 Step forward left, step forward right
- 7&8 Cross left in front of right (weight on ball of foot, heel raised), right step with turn (on ball of right - starting turn to right), left step next to right (¾ turn triple step completed)

## BACK, RECOVER, STEP, BACK, RECOVER, STEP, BACK, RECOVER, STEP, BACK, RECOVER, STEP

- 1&2 Step back right, recover weight on left, right next to left (weight now on right)
- 3&4 Step back left, recover weight on right, left next to right (weight now on left)
- 5&6 Step back right, recover weight on left, right next to left (weight now on right)
- 7&8 Step back left, recover weight on right, left next to right (weight now on left)

## RIGHT HIP BUMP, RIGHT HIP BUMP, LEFT HIP BUMP, LEFT HIP BUMP, RIGHT, LEFT, RIGHT, LEFT HIP SWAYS IN PLACE

- 1-2 Right hip bump, right hip bump (2 hip bumps to right side in place)
- 3-4 Left hip bump, left hip bump (2 hip bumps to left side in place)
- 5-6 Right hip sway to right, left hip sway to left (both done in place)
- 7-8 Right hip sway to right, left hip sway to left (both done in place - weight transferred to left)

## RIGHT STEP FORWARD, ½ PIVOT, RIGHT STEP FORWARD, ½ PIVOT

- 1-2 Right step forward, ½ pivot left (weight transfers to left)
- 3-4 Right step forward, ½ pivot left (weight transfers to left)

REPEAT