

Hou Sai Lei

拍数: 192 墙数: 1 级数: Phrased Intermediate
编舞者: Jennifer Jou (TW) - November 2015
音乐: Hou Sai Lei by Chen Lei



Intro: 8 counts - Sequence: A/B/C / A/B/C / TAG / C/A

Note: For a clearer picture of the hand movements, do watch our video in youtube

Part A: 64 counts

Sec A1: R CHASSE, L CHASSE, SIDE, TOUCH, 1/4 TURN FWD, SCUFF FWD

1&2 R chasse on RLR

3&4 L chasse on LRL

5 6 7 8 Step RF to right side, touch LF beside RF, 1/4 turn left step LF fwd, scuff RF fwd

Sec A2: R CHASSE, L CHASSE, SIDE, TOUCH, 1/4 TURN FWD, SCUFF

Repeat Sec 1

Sec A3: R CHASSE, L CHASSE, SIDE, TOUCH, 1/4 TURN FWD, SCUFF

Repeat Sec 1

Sec A4: R CHASSE, L CHASSE, SIDE, TOUCH, 1/4 TURN FWD, SCUFF

Repeat Sec 1

Sec A5: SIDE, HOLD, TOGETHER, HOLD, SIDE, TOGETHER, R CHASSE

1 2 3 4 Step RF to R side, hold, step LF together, hold (Shimmy)

5 6 7&8 Step RF to R side, step LF together, R chasse on RLR

Sec A6: HIP BUMP, FULL TURN R

1 2 3 4 Hip bump to R over 4 counts

5 6 7 8 Cross LF over RF, unwind full turn R (weight on RF)

Sec A7: SIDE, HOLD, TOGETHER, HOLD, SIDE, TOGETHER, L CHASSE

1 2 3 4 Step LF to L side, hold, step RF together, hold (Shimmy)

5 6 7&8 Step LF to L side, step RF together, L chasse on LRL

Sec A8: HIP BUMP, FULL TURN L

1 2 3 4 Hip bump to L over 4 counts

5 6 7 8 Cross RF over LF, unwind full turn L (weight on LF)

Part B: 64 counts

Sec B1: KICK, STEP, KICK, STEP, R CHASSE, BEHINE, RECOVER

1 2 3 4 Kick RF to L diag, step RF to R, kick LF to R diag, step LF to L

5&6 Step RF to R side, step LF together, step RF to R side

7&8 Rock LF behind RF, recover on RF

Sec B2: KICK, STEP, KICK, STEP, L CHASSE, BEHINE, RECOVER

Mirror Sec 1

Sec B3: 1/4 TURN KICK, STEP, KICK, STEP, BACK, RECOVER, 1/2 TURN SHUFFLE BACK

1 2 3 4 1/4 turn R kick RF fwd, step RF down, kick LF fwd, step LF down

5 6 Rock RF back, recover on LF

7&8 1/2 turn left step RF back, step LF over RF, step RF back

Sec B4: KICK,STEP,KICK,STEP,BACK,RECOVER,1/4 TURN L CHASSE

1 2 3 4 Kick LF fwd,step LF down,kick RF fwd,step RF down
5 6 Rock LF back,recover on RF
7&8 1/4 turn right step LF to L side,step RF together,step LF to L side 12:00

Sec B5: FWD SHUFFLE,1/2 TURN BACK SHUFFLE,R MAMBO,L MAMBO

1&2 Step RF fwd,step LF behind RF.step RF fwd
3&4 1/2 turn right Step LF back,step RF over LF,step LF back
5&6 Rock RF to right side,recover on LF,step RF next LF
7&8 Rock LF to left side,recover on RF,step LF next RF

Sec B6: ROLLING VINE R,SLIDE,CROSS,RECOVER,SIDE,CROSS,RECOVER,SIDE

1 2 3 4 1/4 turn right step RF fwd,1/2 turn right step LF back,1/4 turn right step RF to Right side,slide LF toward RF
5&6 Cross LF over RF,recover on RF,step LF to left side
7&8 Cross RF over LF,recover on LF,step RF to right side

Sec B7: ROLLING VINE L,SLIDE,CROSS,RECOVER,SIDE,CROSS,RECOVER,SIDE

Mirror Sec 6

Sec B8: FWD SHUFFLE,1/2 TURN BACK SHUFFLE,R MAMBO,L MAMBO

Repeat Sec 5

PART C : 64 counts

C[1-8] (RECOVER & SWAY) * 8

1 Recover on to RF swaying hips right
Optional arms : Raise both two arms horizontally with bending elbows and cross wrists in front of your chest.
2 Recover onto LF swaying hips left
Optional arms : Keep arms horizontally. Raise wrists vertically with two palms facing to each other.
3 Repeat count 1.
4 Repeat count 2.
5 Recover onto RF swaying hips right
Optional arms : Push right hand out forward with right palm vertically facing to the front while bend your left elbow with left palm facing to your left shoulder.
6 Recover onto LF swaying hips left
Optional arms : Push left hand out forward with left palm vertically facing to the front while bend your right elbow with right palm vertically facing to your right shoulder.
7 Repeat count 5.
8 Repeat count 6.

C[9-16] □ WAVE HANDS, TOUCH SHOULDERS, HANDS FORWARD,

1-4 Turn your body to the left side with two palms flat and facing to each other. Wave two hands up and down like cutting carrots.
5 Touch the middle fingers on your shoulders
6 Push both two hands out forward.
7 Rotate right palm clockwise while rotate left palm counterclockwise.
8 Take your hands back in front of your chest.

C[17-24] □ Repeat count 1-8

C[25-32] □ Repeat count 9-16

C[33-40] □ Repeat count 1-8

C[41-48] □ Repeat count 9-16

C[49-56] □ TOUCH SHOULDERS, BACK, CROSS OVER, HOLD, SIDE, SIDE, HOLD

- 1-2 Touch the left shoulder with right hand.
3-4 Touch the right shoulder with left hand
&5-6 Step LF back, cross jump LF over RF, hold
Optional arms : point your left index finger out forward while touch your right hand on your waist
&7-8 Stomp LF to left side and RF to right side (shoulder apart), hold

C[57-64] □ FULL TURN RIGHT (R-L-R-L), RAISE HANDS, SLAP HIPS

- 1-4 Make a full turn right stepping forward with RF-LF-RF-LF
5-6 Raise left hand up, raise right hand up (like a V shape)
7-8 Slap left hip with left hand, slap right hip with right hand

Have fun and enjoy !

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