

Zhui Zhui Zhui

拍数: 0 墙数: 1 级数: Phrased Intermediate
编舞者: Jennifer Jou (TW) - February 2016
音乐: "Zhui Zhui Zhui" By Huang Fei



Introduction : 32 counts - Sequence : A/B/Tag/A/B/B

Note : For a clearer picture of the hand movements, do watch our video in youtube.
Sections are separated by lyrics. It is not necessary to have 8 counts for each section.

[[[STARTING POSITION]]]

Keep weight on LF and cross touch right toe behind LF. Right arm is raised horizontally on the top of head while left arm is crossed horizontally in front of the chest.

[[[PART A]]]

Sec A1 : □(SHUFFLE FORWARD) * 4

1&2 Step RF forward, step LF next to RF, step RF forward
3&4 Step LF forward, step RF next to LF, step LF forward
5&6 Step RF forward, step LF next to RF, step RF forward
7&8 Step LF forward, step RF next to LF, step LF forward

Sec A2 : □(CROSS OVER, RECOVER, SIDE, HOLD) * 2

1-4 Cross step RF over LF, recover onto LF, step RF to right side, hold
5-8 Cross step LF over RF, recover onto RF, step LF to left side, hold

Sec A3 : □FORWARD, HOLD, PIVOT 1/2 TURN LEFT, HOLD, SWEEP, CROSS TOUCH BEHIND

1-4 Step RF forward, hold, make 1/2 turn left weighting on RF, hold (6:00)
5-8 Sweep LF from front toward back, cross touch LF behind RF

Sec A4 : □(SHUFFLE FORWARD) * 4

1&2 Step LF forward, step RF next to LF, step LF forward
3&4 Step RF forward, step LF next to RF, step RF forward
5&6 Step LF forward, step RF next to LF, step LF forward
7&8 Step RF forward, step LF next to RF, step RF forward

Sec A5 : □(CROSS OVER, RECOVER, SIDE, HOLD) * 2

1-4 Cross step LF over RF, recover onto RF, step LF to left side, hold
5-8 Cross step RF over LF, recover onto LF, step RF to right side, hold

Sec A6 : □FORWARD, HOLD, PIVOT 1/2 TURN RIGHT, HOLD, SWEEP, CROSS TOUCH BEHIND

1-4 Step LF forward, hold, make 1/2 turn right weighting on LF, hold (12:00)
5-8 Sweep RF from front toward back, cross touch RF behind LF

Sec A7 : □FULL RIGHT TURN, TOUCH, FULL LEFT TURN, TOUCH, FULL RIGHT TURN, TOUCH

1-4 Execute a full right turn in place stepping RF, LF, RF, touch LF to left side
5-8 Execute a full left turn in place stepping LF, RF, LF, touch RF to right side
9-12 Execute a full right turn in place stepping RF, LF, RF, touch LF to left side

Sec A8 : □(HAND UP & BENT) *2, HANDS OUT & WIDE OPEN

1-4 Step LF to left side lifting left hand up, bent left elbow in front of the chest with palm facing ground, lift right hand up, bent right elbow in front of the chest with palm facing ground
5-12 Straight elbows out toward front, bring hands wide open

Sec A9 : □FULL LEFT TURN, TOUCH, FULL RIGHT TURN, TOUCH, FULL LEFT TURN, TOUCH

- 1-4 Execute a full left turn in place stepping LF, RF, LF, touch RF to right side
- 5-8 Execute a full right turn in place stepping RF, LF, RF, touch LF to left side
- 9-12 Execute a full left turn in place stepping LF, RF, LF, touch RF to right side

Sec A10 : (HAND UP & BENT) *2, HANDS OUT & WIDE OPEN

- 1-4 Step RF to right side lifting right hand up, bent right elbow in front of the chest with palm facing ground, lift left hand up, bent left elbow in front of the chest with palm facing ground
- 5-12 Straight elbows out in front, bring hands to an open position (hands wide open)

Sec A11 : LARGE SIDE STEP, DRAG, TOGETHER, HOLD, STAND STILL.

- 1-4 Take a large step on RF to right side, drag LF toward RF, touch LF next to RF, hold
- Arms Movements : Raise right arm up and draw 3/4 circle while pointing left hand to the left side.**
- 5-6 Straighten both two hands forward with palms facing up, cross wrists with palms facing front
- 7-8 Wave both two hands to draw circle
- (Right hand – counterclockwise, left hand – clockwise)**
- 9-16 Continue to wave both two hands to draw another circle

Sec A12 : LARGE SIDE STEP, DRAG, TOGETHER, HOLD, STAND STILL.

- 1-4 Take a large step on LF to left side, drag RF toward LF, touch RF next to LF, hold
- Arms Movements : Raise left arm up and draw 3/4 circle while pointing right hand to the right side.**
- 5-6 Straighten both two hands forward with crossed wrists and palms facing front.
- 7-8 Cross hit right hand forward in a fist, cross hit left hand forward in a fist
- 9-16 Wave both two hands to draw circles and stop like a V shape
- (right hand – counterclockwise, left hand – clockwise)**

[[[PART B]]]

Sec B1 : □1/8 TURN LEFT, STOMP * 3, 1/8 TURN RIGHT, JUMP * 2, JUMP TWICE, JUMP * 2, JUMP TWICE

- 1-4 Make 1/8 turn left stomping RF to right side, stomp LF to left side, Stomp RF to right side (10:30)
- 5-8 Make 1/8 turn right jumping LF to left side, jump RF to right side, jump twice on LF in place (12:00)
- 9-12 Jump RF to right side, jump LF to left side, Jump twice on RF in place

Sec B2 : □(SIDE, FLICK) * 4

- 1-4 Step LF to left side, flick RF behind LF, step RF to right side, flick LF behind RF
- 5-8 Repeat 1-4

Sec B3 : □(CROSS POINT OVER, SIDE) * 4

- 1-4 Cross point RF over LF, step RF to right side, cross point LF over RF, step LF to left side
- 5-8 Repeat 1-4

Sec B4 : □JAZZ BOX RIGHT WITH TOE-STRUT STEPS

- 1-4 Touch right toe forward on right diagonal, drop right heel, cross touch left toe over RF, drop left heel
- 5-8 Touch right toe back, drop right heel, touch left toe to left side, drop left heel

Sec B5 : □JAZZ BOX LEFT WITH TOE-STRUT STEPS

- 1-4 Cross touch right toe over LF, drop right heel, touch left toe back, drop left heel
- 5-8 Touch right toe to right side, drop right heel, cross touch left toe over RF, drop left heel

Sec B6 : □(WALK * 3, 1/2 TURN RIGHT W/FLICKING) * 2

- 1-4 Step RF forward, step LF forward, step RF forward, make 1/2 turn right flicking LF behind RF (6:00)
- 5-8 Step LF forward, step RF forward, step LF forward, make 1/2 turn right flicking RF behind LF (12:00)

Sec B7 : □SIDE, HAND UP, FIST DOWN, WAVE HALF CIRCLE

- 1-4 Step RF to right side raising right hand up, make a fist and pull toward head
5-8 Wave left hand up and toward left side to draw a half circle in four counts

Sec B8 : □(SIDE, TOUCH TOGETHER) * 4

- 1-4 Step RF to right side, touch LF next to RF, step LF to left side, touch RF next to LF
5-8 Repeat 1-4

Sec B9 : □(SIDE, RECOVER, SIDE, TOGETHER, SIDE) * 2

- 1-2 Rock RF to right side, recover onto LF
3&4 Step RF to right side, step LF next to RF, □step RF to right side
5-6 Rock LF to left side, recover onto RF
7&8 Step LF to left side, step RF next to LF, step LF to left side

Sec B10 : TAP SIDE THREE TIMES, POINT HANDS UP, POINT HANDS RIGHT, POINT HANDS DOWN

- 1-4 Point both two hands to the right side : up, middle, and down . At the same time, tap RF to right side three times.
5-8 Stand still with feet apart and raise two hands crossed in front of the chest.

Sec B11 : HANDS DOWN, LEFT FIST OUT FRONT & RIGHT FIST BESIDE CHEEK

- 1-4 Push down two hands to the sides like a reverse V shape.
5-8 Strike left hand with fist out to the front and hold right hand with fist in front of right shoulder

Sec B12 : POINT HANDS UP, POINT HANDS SIDE, POINT HANDS DOWN, WAVE HANDS

- 1-4 Point two hands to two sides : up, middle, and down
5-12 Wave both two hands up like to draw circles and stop at V shape

[[[TAG]]]

Sec T1 : □1/8 TURN LEFT, ROCKING CHAIR, ROCK FORWARD, RECOVER, 1/4 TURN RIGHT, SIDE

- 1-4 Make 1/8 turn left facing to 10:30 rocking RF forward, recover onto LF, rock RF back, recover onto LF (10:30)
5-7 Rock RF forward, recover onto LF, make 1/4 turn right stepping RF to right side (1:30)

Sec T2 : □ROCKING CHAIR, ROCK FORWARD, RECOVER, 1/8 TURN LEFT, SIDE

- 1-4 Rock LF forward, recover onto RF, rock LF back, recover onto RF
5-7 Rock LF forward, recover onto RF, make 1/8 turn left stepping LF to left side (12:00)

Sec T3 : □(ROCK SIDE, HOLD) * 2, SIDE, TOGETHER, SIDE

- 1-4 Rock RF to right side, hold, rock LF to left side, hold
5-7 Step RF to right side, step LF next to RF, step RF to right side

Sec T4 : □(ROCK SIDE, HOLD) * 2, SIDE, TOGETHER, SIDE

- 1-4 Rock LF to left side, hold, rock RF to right side, hold
5-7 Step LF to left side, step RF next to LF, step LF to left side

Sec T5 : □WALK FORWARD * 3, KICK, WALK BACK * 3, TOGETHER

- 1-4 Step RF forward, step LF forward, step RF forward, kick LF forward
5-8 Step LF back, step RF back, step LR back, touch RF next to LF

Sec T6 : □(SIDE, TOGETHER) * 2, TRIPLE FULL TURN RIGHT, TOUCH TOGETHER

- 1-4 Step RF to right side, touch LF next to RF, step LF to left side, touch RF next to LF
5-8 Make 1/4 turn right stepping RF forward, make 1/2 turn right stepping LF back, Make 1/4 turn right stepping RF to right side, touch LF next to RF (12:00)

Sec T7 : □WALK FORWARD * 3, KICK, WALK BACK * 3, TOGETHER

- 1-4 Step LF forward, step RF forward, step LF forward, kick RF forward

5-8 Step RF back, step LF back, step RF back, step LF next to RF

Sec T8 : □(SIDE, TOGETHER) * 2, TRIPLE FULL TURN LEFT, TOUCH TOGETHER

1-4 Step LF to left side, touch RF next to LF, step RF to right side, touch LF next to RF

5-8 Make 1/4 turn left stepping LF forward, make 1/2 turn left stepping RF back, Make 1/4 turn left stepping LF to left side, touch RF next to LF (12:00)

Have fun !

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