

Tian Mi Mi

拍数: 144 墙数: 1 级数: Phrased Easy Intermediate
编舞者: Jennifer Jou (TW) - October 2016
音乐: Tian Mi Mi (甜蜜蜜) - Teresa Teng (鄧麗君)



Introduction : 16 counts - Sequence : ABCB/ABCB/ENDING

Part A: 40 counts

Sec A1 : SIDE, TOUCH, SIDE, TOUCH, HALF BOX STEP FORWARD

1-4 Step RF to right side, touch LF beside RF, step LF to left side, touch RF beside LF
5-8 Step RF to right side, step LF beside RF, step RF forward, touch LF beside RF

Sec A2 : SIDE, TOUCH, SIDE, TOUCH, HALF BOX STEP BACKWARD

1-4 Step LF to left side, touch RF beside LF, step RF to right side, touch LF beside RF
5-8 Step LF to left side, step RF beside LF, step LF back, touch RF beside LF

Sec A3 : (SIDE, CROSS OVER, SIDE, HEEL TAP) x 2

1-4 Step RF to right side, cross step LF over RF, step RF to right side, tap left heel forward on left diagonal
5-8 Step LF to left side, cross step RF over LF, step LF to left side, tap right heel forward on right diagonal

Sec A4 : (DIAGONAL CROSS OVER, RECOVER, DIAGONAL CROSS OVER, HOLD) X 2

1-4 Make 1/8 turn left and cross step RF over LF , recover onto LF, cross step RF over LF, hold (10:30)
5-8 Make 1/4 turn right and cross step LF over RF, recover onto RF, cross step LF over RF, hold (1:30)

Sec A5 : MAKE ONE FULL TURN RIGHT WITH (FORWARD, 1/4 TURN RIGHT, STEP BEHIND) X 4

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

Part B: 56 counts □

Sec B1 : SIDE STRUT, CROSS STRUT, CHASSE RIGHT, BACK, RECOVER

1-4 Touch right toe to right side, step right heel down, cross touch left toe over RF, step left heel down
5&6 Step RF to right side, step LF beside RF, step RF to right side
7-8 Rock LF back, recover onto RF

Sec B2 : SIDE STRUT, CROSS STRUT, CHASSE LEFT, BACK, RECOVER

1-4 Touch left toe to left side, step left heel down, cross touch right toe over LF, step right heel down
5&6 Step LF to left side, step RF beside LF, step LF to left side
7-8 Rock RF back, recover onto LF

Sec B3 : (ROCKING CHAIR ON RIGHT DIAGONAL) X 2, (QUARTER PADDLE TURN LEFT) X 2

1-4 Make 1/8 turn right rocking RF forward, recover onto LF, rock RF back, recover onto LF (1:30)
5-8 Rock RF forward, recover onto LF, rock RF back, recover onto LF (1:30)
9-12 Step RF forward, make 1/4 turn left recovering onto LF, step RF forward, make 1/4 turn left recovering onto LF (7:30)

Sec B4 : (ROCKING CHAIR ON RIGHT DIAGONAL) X 2, (QUARTER PADDLE TURN LEFT) X 2

- 1-4 Rock RF forward, recover onto LF, rock RF back, recover onto LF (7:30)
5-8 Rock RF forward, recover onto LF, rock RF back, recover onto LF (7:30)
9-12 Step RF forward, make 1/4 turn left recovering onto LF, step RF forward, make 1/4 turn left recovering onto LF (1:30)

Sec B5 : (SHUFFLE FORWARD, LIFT) X 2

- 1-4 Step RF forward, step LF next to RF, step RF forward, gently lift LF forward
5-8 Step LF forward, step RF next to LF, step LF forward, gently lift RF forward

Sec B6 : (SHUFFLE BACK, LIFT) X 2

- 1-4 Step RF back, step LF next to RF, step RF back, gently lift LF forward
5-8 Step LF back, step RF next to LF, step LF back, gently lift RF forward

Part C: 48 counts

Sec C1 : EXTENDED GRAPEVINE LEFT

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

Sec C2 : SIDE, TOUCH, SIDE, TOUCH, SCISSORS STEP, SWEEP

- 1-4 Step RF to right side, touch LF beside RF, step LF to left side, touch RF beside LF
5-8 Step RF to right side, step LF beside RF, cross step RF over LF, sweep LF from back to front

Sec C3 : EXTENDED GRAPEVINE RIGHT

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

Sec C4 : SIDE, TOUCH, SIDE, TOUCH, SCISSORS STEP, HOLD

- 1-4 Step LF to left side, touch RF beside LF, step RF to right side, touch LF beside RF
5-8 Step LF to left side, step RF beside LF, cross step LF over RF, hold

Sec C5 : JUMP SIDE, TOUCH, HOLD, JUMP SIDE, TOUCH, HOLD

- &1-2 Jump Step RF to right side, touch LF behind RF, hold
3&4 Hands movements
&5-6 Jump step LF to left side, touch RF behind LF, hold
7&8 Hands movement

Sec C6 : FORWARD, CROSS OVER, BACK, SIDE, SWAYS

- 1-4 Step RF forward, cross step LF over RF, step RF back, step LF to left side
5-8 Rock RF to right side and sway hips right, rock LF to left side and sway hips left, rock RF to right side and sway hips right, rock LF to left side and sway hips left

Ending:

- 1 2 3 4 Step RF to right side,touch LF beside,step LF to L side,touch RF beside LF
&5 Jump step RF to right side,cross LF over RF
6 7 8 Unwind turn right (weight on RF)
9 10 Step LF to L side,touch RF behind LF (Pose)

Happy dancing !!!

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