

Seven Lotus

拍数: 32 墙数: 4 级数: Easy Intermediate
编舞者: Jennifer Jou (TW) - July 2017
音乐: "Qi Duo Lian Hua" By Huo Zun



Introduction : 16 counts

Sec 1 : Sway R, Sway L, Full Turn R, Cross Over, Recover, 1/4 Turn L, Forward, Full Turn L, Sweep

- 1-2 Step RF to right side and sway right, recover onto LF and sway left
3&4 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 (12:00)
5-6 Cross step LF over RF, recover onto RF
7&8& Make 1/4 turn left stepping LF forward, make 1/2 turn left stepping RF back, make 1/2 turn left stepping LF forward, sweep RF from back to the front (9:00)

Simplified version :

- 7&8& Make 1/4 turn left stepping LF forward, step RF next to LF, step LF forward, sweep RF from back to the front (9:00)

Sec 2 : Cross Shuffle, 1/2 Turn L, Cross Shuffle, Full Turn R With Volta Steps

- 1&2 Cross step RF over LF, step LF to left side, cross step RF over LF
3&4 Make 1/2 turn left on the ball of RF and cross step LF over RF, step RF to right side, cross step LF over RF (3:00)
5&6& Make 1/4 turn right stepping RF forward, step LF next to RF, make 1/4 turn right stepping RF forward, step LF next to RF (9:00)
7&8 Make 1/4 turn right stepping RF forward, step LF next to RF, make 1/4 turn right stepping RF forward (3:00)

Note : On wall 4, dance after 16 counts, step LF next to RF, and restart again.

Sec 3 : 1/2 Turn L, Forward, 1/2 Turn L, Back, 1/4 Turn L, Side, Cross Behind, Side, Cross Over, sweep, Cross Over, 1/4 Turn L, Back, Coaster Step

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

Simplified version:

- 1&2 Make 1/4 turn left stepping LF to left side, step RF beside LF, step LF to left side (12:00)
3&4& Cross step RF behind LF, step LF to left side, cross step RF over LF, sweep LF from back to the front
5-6 Cross step LF over RF, make 1/4 turn left stepping RF back (9:00)
7&8 Step LF back, step RF beside LF, step LF forward

Sec 4 : (Side Touch, Beside Touch, Side, Drag, Back, Recover, 1/4 R Side) X2

- 1&2& Touch RF to right side, touch RF beside LF, make a big step to right side on RF, drag LF towards RF
3&4 Rock LF behind RF, recover onto RF, make 1/4 turn right stepping LF to left side (12:00)
5&6& Touch RF to right side, touch RF beside LF, make a big step to right side on RF, drag LF towards RF
7&8 Rock LF behind RF, recover onto RF, make 1/4 turn right stepping LF to left side (3:00)

Contact : Chou450819@yahoo.com.tw