

Ni Sha Bu Sha

COPPER KNOB
STEPSHEETS

拍数: 64 墙数: 4 级数: Phrased High Beginner
编舞者: Tina Chen Sue-Huei (TW) - August 2017
音乐: Ni Sha Bu Sha (你傻不傻) (DJ版) - Tang Gu (唐古)



Intro: 64C - SOD: AABB-Tag-AA BB / BB AA (A:32C B:32C Tag:32C)

Start Dance After 64C

Tag (32C): (12:00)

TS1.

1-4 Fwd Walk On RLR, Fwd Kick L
5-8 Back Walk On LRL, Tog Touch R

TS2.

1-4 Side Step R, Tog Step L, Side Step R, Point L To L Side
5-8 L Rolling Vine Full Turn On LRL, Tog Touch R

TS3, TS4 - Repeat TS1, TS2

Main Dance (64C)

Part A (32C)

A1. R Chasse-Back Recover, L Chasse- ¼ R Back Recover

1&2 R Chasse On RLR
3-4 Back Rock L, Recover On R
5&6 L Chasse On LRL
7-8 ¼ R Back Rock R, Recover On L (3:00)

A2. Kick, Kick, R Sailor Step, Kick, Kick, L Sailor Step

1-2 Kick R Across L, Kick R To R Diagonal
3&4 Step R Behind L, Side Step L, Step R To R Side
5-6 Kick L Across R, Kick L To L Diagonal
7&8 Step L Behind R, Side Step R, Step L To L Side

A3. R Heel-Hold, L Heel-Hold, Heel Switches

1-2 R Heel Fwd, Hold
&3-4 Tog Step R (&), L Heel Fwd (3), Hold (4)
&5&6 Tog Step L (&), R Heel Fwd (5), Tog Step R (&), L Heel Fwd (6)
&7-8 Tog Step L (&), R Heel Fwd (7), Step R Next To L (8)

A4. Rocking Chair, Shuffle ½ R, Back Recover

1-4 Fwd Rock L, Recover On R, Back Rock L, Recover On R
5&6 Shuffle ½ Turn R On LRL (9:00)
7-8 Back Rock R, Recover On L

Part B (32C)

B1. Point, Touch, Side, Hold, L/R Cross Mambo

1-4 Touch R To R Side, Touch R Next To L, Big Step R To R Side, Hold (4)
5&6 Cross L Over R, Recover On R, Side Step L
7&8 Cross R Over L, Recover On L, Side Step R

B2. Rocking Chair, Fwd, Pivot ½ R (2X)

1-4 Fwd Rock L, Recover On R, Back Rock L, Recover On R

5-6 Fwd Step L, Pivot $\frac{1}{2}$ R Stepping On R (6:00)
7-8 Fwd Step L, Pivot $\frac{1}{2}$ R Stepping On R (12:00)

B3. Point, Touch, Side, Hold, R/L Cross Mambo

1-4 Touch L To L Side, Touch L Next To R, Big Step L To L Side, Hold
5&6 Cross R Over L, Recover On L, Side Step R
7&8 Cross L Over R, Recover On R, Side Step L

B4. Fwd- $\frac{1}{2}$ L, Fwd- $\frac{1}{4}$ L, Steps In Place

1-2 Fwd Step R, Pivot $\frac{1}{2}$ L Stepping On L (6:00)
3-4 Fwd Step R, Pivot $\frac{1}{4}$ L Stepping On L (3:00)
5-8 Step In Place RLRL

Happy Dancing!

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