

# Shen Nong Gu

拍数: 56                      墙数: 1                      级数: High Beginner  
编舞者: China Line Dance Sport Promotion Centre (CN) - July 2017  
音乐: She Nong Gu by Xie Jia Qing (4:15)



**Intro: 16 Counts from heavy beat (approx. 34 sec )**

**[1-8] 1/2 Rumba Box, 1/2 Rumba Box, Back, Sweep, Back, Sweep, Coaster Step**

1&2                      Step right to side, step left next to right, step right forward  
3&4                      Step left to side, step right next to left, step left forward  
5&6&                      Step right back, sweep left from front to back, step left back, sweep right from front to back  
7&8                      Step right back, step left next to right, Step right forward

**[9-16] 1/2 Rumba Box, 1/2 Rumba Box, Back, Sweep, Back, Sweep, Coaster Step**

1&2                      Step left to side, step right next to left, step left forward  
3&4                      Step right to side, step left next to right, step right forward  
5&6&                      Step left back, sweep right from front to back, step right back, sweep left from front to back  
7&8                      Step left back, step right next to left, step left forward

**[17-24] 1/8 Turn Shuffle, 1/4 Turn Flick, Shuffle, 1/8 Turn Scissors Step, Scissors Step**

1&2&                      1/8 Turn L stepping right forward, lock left behind right, step right forward (10:30) 1/4 turn R  
                                 flicking left back (1:30)  
3&4                      Step left forward, lock right behind left, step left forward  
5&6                      1/8 Turn L stepping right to side, step left next to right, cross right over left (12:00)  
7&8                      Step left to side, step right next to left, cross left over right

**[25-32] Cross Unwind Turn, Fwd (x3), Cross Unwind Turn, Fwd (x3)**

1 2                      Cross right over left, 1/2 turn L weight on right  
3&4                      Step left forward, step right forward, step left forward (6:00)  
5 6                      Cross right over left, 1/2 turn L weight on right  
7&8                      Step left forward, step right forward, step left forward (12:00)

**[33-40] Weave Step, Side, Cross, Recover, Side, Weave Step, Side, Cross, Recover, Side**

1&2&                      Cross right over left, step left to side, Cross right behind left, step left to side  
3 4&                      Cross right over left, recover on left, step right to side  
5&6&                      Cross left over right, step right to side, Cross left behind right, step right to side  
7 8&                      Cross left over right, recover on right, step left to side

**[41-48] Fwd, 1/2 Pivot Turn (x2), Cross, Recover, Side (Stomp), Cross, Recover, Side (Stomp)**

1 2                      Step right forward, 1/2 pivot turn L (6:00)  
3 4                      Step right forward, 1/2 pivot turn L (12:00)  
5&6                      Cross right over left, recover on left, step right to side and left foot off the ground  
7&8                      Cross left over right, recover on right, step left to side and right foot off the ground

**[49-56] 1/8 Turn Fwd, 1/8 Turn Fwd, 1/4 Turn shuffle , 1/8 Turn Fwd, 1/8 Turn Fwd, 1/4 Turn shuffle (x2)  
( Do around circle )**

1 2                      1/8 Turn L stepping right forward (10:30), 1/8 turn L stepping left forward (9:00)  
3&4                      1/4 Turn L stepping right forward, step left next to right, step right forward (6:00)  
5 6                      1/8 Turn L stepping left forward (4:30), 1/8 turn L stepping right forward (3:00)  
7&8                      1/4 Turn L stepping left forward, step right next to left, step left forward (12:00)

**Tag; 32 Counts (After 32 counts on wall 2 )**

**[1-8] Side, Touch, Side, Touch, Walk 1/2 Circle**

1 2 3 4      Step right to side, touch left over right, step left to side, touch right over left  
5 6 7 8      Step right forward, 1/4 turn R stepping left forward, 1/4 turn R stepping right forward, step left forward (6:00)

**[9-16] Side, Touch, Side, Touch, Walk 1/2 Circle**

1 2 3 4      Step right to side, touch left next to right, step left to side, touch right next to left  
5 6 7 8      Step right forward, 1/4 turn R stepping left forward, 1/4 turn R stepping right forward, step left forward (12:00)

**[17-24] Same to 1-8 of Tag**

**[25-32] Same to 9-16 of Tag**

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