

Yong Bao Ni Li Qu

COPPER KNOB
STEPSHEETS

拍数: 96 墙数: 2 级数: Phrased Intermediate
编舞者: Melvin Tan (MY) - July 2018
音乐: Yong Bao Ni Li Qu (拥抱你离去) (DJ何鹏版) - Guo Lin (郭玲)



Dance Start after 32 counts
Sequence: AA BB AA BBB AAA

PART A (32 COUNTS)

Section A1: Step Together, Hip Bump, Step Together, Hip Bump

1 2 Step RF to R, Step LF next to RF,
3 & 4 Bump Hip R, L, R
5 6 Step LF to L, Step RF next to LF,
7 & 8 Bump Hip L, R, L

Section A2: Rock Back Recover, Forward Shuffle, Pivot ½ Turn, ½ Turn Back Shuffle

1 2 Step RF back, Recover on LF,
3 & 4 Forward Shuffle on RF, LF, RF
5 6 Step LF Forward, 1/2R Turn,
7 & 8 1/2R Turn, Back Shuffle on LF, RF,LF

Section A3: Rock Back Recover, Touch RF Forward, Hip Roll

1 2 Step RF Back, Recover on LF
3 & 4 Touch RF Forward, Hold
5 6 7 8 Hip Roll Clock-wise twice

Section A4: Cross Rock Recover, Side Cha Cha, 1/2 Turn Cross Shuffle

1 2 Cross RF over LF, Recover on LF
3 & 4 Side Cha Cha on RF, LF, RF
5 6 1/4R Turn Step LF Forward, 1/4R Turn Step RF to R
7 & 8 Cross LF over RF, Step RF to R, Cross LF over RF

PART B (64 COUNTS)

Section B1: Hip Bump, Coaster Step

1 2 Touch RF Forward with R Hip Bump 2x
3 & 4 Step RF Back, Step LF next to RF, Step RF Forward
5 6 Touch LF Forward with L Hip Bump 2x
7 & 8 Step LF Back, Step RF next to LF, Step LF Forward

Section B2: Basic Cha Cha

1 2 Step RF Forward, Recover on LF
3 & 4 Back Cha Cha on RF, LF, RF
5 6 Step LF Back, Recover on RF
7 & 8 Forward Cha Cha on LF, RF, LF

Section B3: Side Rock Cross Shuffle

1 2 Rock RF to R, Recover on LF
3 & 4 Cross RF over LF, Step LF to L, Cross RF over LF
5 6 Rock LF to L, Recover on RF
7 & 8 Cross LF over RF, Step RF to R, Cross LF over RF

Section B4: Point & Point & Hip Bump

& 1 Step LF next to RF (&), Point RF Forward (1)

- & 2 Step RF next to LF (&), Point LF Forward (2)
&3&4 Step LF next to RF (&), Point RF Forward (3), R Hip Bump x2 (&4)
& 5 Step RF next to LF (&), Point LF Forward (5)
& 6 Step LF next to RF (&), Point RF Forward (6)
&7&8 Step RF next to LF (&), Point LF Forward (7), L Hip Bump (&) Step LF in place (8)

Section B5 Right & Left Rolling Vine

- 1 2 3 4 Turn 1/4R step RF Forward, Turn 1/2R step LF back, Turn 1/4R step RF to R, Point LF to L
5 6 7 8 Turn 1/4L step LF Forward, Turn 1/2L step RF back, Turn 1/4L step LF to L, Point RF to R

Section B6 Step RF Forward, Pivot 1/2L Turn, Step Together, Step in Place 4x / Shuffle Step

- 1 2 3 4 Step RF Forward, Pivot 1/2L Turn, Step RF Forward, Step LF next to RF
5 6 7 8 Step on RF,LF,RF,LF with Small hop / Shuffle Step

Section B7 Cross & Step to Left, Cross & Step to Right, Cross Rock, Side Cha Cha

- 1 2 3 4 Cross RF over LF, Step LF next to RF, Cross LF over RF, Step RF next to LF
5 6 7&8 Cross RF over LF, Recover on LF, Side Cha Cha on RF,LF,RF

Section B8 Cross Rock Side Cha Cha, Full Turn, Step together

- 1 2 3&4 Cross LF over RF, Recover on RF, Side Cha Cha on LF,RF,LF
5 6 1/4L Turn Step RF Forward, 1/2L Turn Step LF Forward,
7 8 1/4L Turn Step RF to R, Step LF next to RF

Enjoy!

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