

Madu & Racun (Chinese Easy Version)

COPPERKNOB
STEPSHEETS

拍数: 64 墙数: 1 级数: High Intermediate
编舞者: KH Loh (MY) - November 2018
音乐: Qing Ge Li De Ni (情歌裡的你) (DJ版) - Wang Feng (王峰)



Intro: 32c from strong beat

Sequence of dance: i32, 64, 48, 32, 48, 64, 64, 16, 48

Intro Dance Steps - 32c

iSec 1: Step L Back, Recover, L Fwd Shuffle, Touch Fwd, Replace, Point L, Replace, Point R

1 2 Step Back L, Recover on R
3 & 4 L Fwd Shuffle - LRL
5 Touch R Fwd
6 Step Back R & Point L to L
7 & 8 Step L next to R, Point R to R

iSec 2: R Cross L, Recover, Shuffle R, L Cross R, Recover, Shuffle L

1 2 R Cross L, Recover on L
3 & 4 Shuffle R - RLR
5 6 L Cross R, Recover on R
7 & 8 Shuffle L - LRL

iSec 3: Touch R Fwd, Hitch R, F Fwd Shuffle, Touch L Fwd, Hitch L, L Fwd Shuffle

1 2 Touch R toe Fwd, Hitch R
3 4 R Fwd Shuffle - RLR
5 6 Touch L toe Fwd, Hitch L
7 & 8 L Fwd Shuffle - LRL

iSec 4: Step R Fwd ¼ turn R, Step L Fwd ¼ turn R, Shuffle ½ turn R, Cross Mambo – L&R

1 2 Step R Fwd with ¼ turn R, Step L Fwd with ¼ turn R (6:00)
3 & 4 Shuffle ½ turn R – RLR (12:00)
5 & 6 Cross L over R, Recover on R, Step L to L
7 & 8 Cross R over L, Recover on L, Step R to R

MAIN DANCE - 64c

Sec 1: L Cross R, Rec, Step L to L, Rec, L Cross R, Rec, Shuffle L

1 2 L Cross R, Recover on R
3 4 Step L to L, Recover on R
5 6 L Cross R, Recover on R
7 & 8 Shuffle L - LRL

Sec 2: Mirror Sec 1 with opposite Leg

Sec 3: Sway LRLR, Step L to L, Recover, L Coaster Cross

1 2 Sway L, Sway R
3 4 Sway L, Sway R
5 6 Step L to L, Recover on R
7 & 8 Step L Behind R, Step R to R, L Cross R

Sec 4: Fwd R, Recover, Shuffle Back RLR, Rock Back L, Recover, L Fwd Shuffle

1 2 Step R Fwd, Recover on L
3 & 4 Shuffle Back - RLR
5 6 Rock Back L, Recover on R

7 & 8 Fwd Shuffle - LRL

Sec 5: Cross R, Point L, Cross L, Point R, R Cross L, Recover, Shuffle ½ turn R

1 2 R Cross L, Point L to L

3 4 L Cross R, Point R to R

5 6 R Cross L, Recover on L

7 & 8 Shuffle ½ turn R – RLR (6:00)

Sec 6: L Side Rock, Recover, L Cross Behind R, Point R to R, R Cross L, Recover, Shuffle ½ turn R

1 2 Step L to L, Recover on R

3 4 L Cross Behind R, Point R to R

5 6 R Cross L, Recover on L

7 & 8 Shuffle ½ turn R – RLR (12:00)

Sec 7: L Side Rock, Recover, L Cross Behind R, Point R, R Cross L, Point L, L Cross R, Point R

1 2 Step L to L, Recover on R

3 4 L Cross Behind R, Point R to R

5 6 R Cross L, Point L to L

7 8 L Cross R, Point R to R

Sec 8: Step R Fwd, Flick L, Shuffle Back, Step R Fwd 1/4R, L Fwd, Side R with 1/4L turn L, Kick L diagonally Fwd L

1 2 Step R Fwd, Flick Back L

3 & 4 Shuffle Back - LRL

5 6 Step R Fwd with ¼ turn R, Step L Fwd

7 8 Step R to R with ¼ turn L, Kick L diagonally Fwd L

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