

Hou Lai

拍数: 32 墙数: 2 级数: Improver
编舞者: Wiesye Baraoh (INA) - March 2020
音乐: Hou Lai by Rene Liu



NO TAG & RESTART

Session 1 : BASIC NIGHT CLUB RIGHT, BASIC NIGHT CLUB LEFT, FORWARD, MAMBO FORWARD, TOGETHER, FORWARD, TOGETHER

1 2 & Step R to R side, L Croaa behind R, Recover on R
3 4 & 5 Step L to L side, R cross behind L, Recover on L, Step R forward
6&7 Step L Forward, Recover on R, Step back on L
& 8 & Step R close together L, Step L forward, Step R close together L

Session 2 : BASIC NIGHT CLUB LEFT, BASIC NIGHT CLUB RIGHT, FORWARD, MAMBO FORWARD, TOGETHER, FORWARD, TOGETHER

1 2 & Step L to L side, R croaa behind L, Recover on L
3 4 & 5 Step R to R side, R cross behind R, Recover on R, Step L forward
6&7 Step R Forward, Recover on L, Step back on R
& 8 & Step L close together R, Step R forward, Step L close together R

Session 3 : ¼ turn R ,FORWARD, FORWARD WITH SWEEP, FORWARD, MAMBO FORWARD, COASTER STEP, FORWARD, ¼ TURN RIGHT

1 2 3 ¼ turn R – Step R forward, Step L forward with sweep, Step R forward with Sweep
4 & 5 Step L forward, Recover on R, Step bacok on L
6&7 8 & Step back on R, Step L close together R, Step R forward, Step L forward, ¼ turn R – Step R to R side

Session 4 : FORWARD, FORWARD WITH SWEEP, FORWARD WITH SWEEP, MAMBO FORWARD, COASTER STEP, CROSS, RECOVER

1 2 3 Step L forward, Step R forward with sweep, Step L forward with sweep
4 & 5 Step R forward, Recover on L, Step back on R
6&7 8& Step back on L, Step R close together L, Step L forward, Step R cross over L, Recover on L

Have fun

Contact: bwiesye@yahoo.com