

拍数: 32 墙数: 2 级数: Intermediate
编舞者: Heru Tian (INA) - April 2020
音乐: Wu (悟) - Andy Lau (劉德華) : (Album: Shaolin OST)



Intro : 32 Counts

Section 1 : Walk – Fwd- Recover – Back With Sweep- Behind Side Cross- Recover- Side- Fwd With Sweep- Cross- ¼ Turn R Back

- 1 Walk (Rf)
- 2 & 3 Fwd (Lf), Recover, Back (Lf) With Sweep
- 4 & 5 Behind (Rf), Side (Lf), Cross (Rf)
- 6 & 7 Recover (Lf), Side (Rf), Fwd (Lf) With Sweep
- 8 & Cross (Rf), ¼ Turn R Back (Lf) Facing 3.00

Section 2: Rock Back Step- Full Turn L- Sweep- Cross- Side- Back With Sweep- Behind Side Cross- Side Point

- 1 Back (Rf)
- 2 & 3 Recover (Lf), ½ Turn L Back (Rf), ½ Turn L Fwd (Lf) With Sweep
- 4 & 5 Cross (Rf), Side (Lf), Back (Rf) With Sweep
- 6 & 7 Behind (Lf), Side (Rf), Cross (Lf)
- 8 Side Point (Rf)

Section 3 : Fwd With Sweep- Cross Side Behind- Recover- Side- Behind- Recover- ¼ Turn L Back- ½ Turn L Fwd With Sweep- Cross- Behind

- 1 Fwd (Rf) With Sweep
- 2 & 3 Cross (Lf), Side (Rf), Behind (Lf)
- 4 & 5 Recover (Rf), Side (Lf), Back (Rf)
- 6 & 7 Recover (Lf), ¼ Turn L Back (Rf), ½ Turn L Fwd (Lf) With Sweep Facing 6.00
- 8 & Cross (Rf), Behind (Lf)

Section 4 : Basic Night Club Right & Left – Fwd- Pivot ½ Turn R- ½ Turn R Back With Sweep- Back- Together

- 1 Big Step (Rf)
 - 2 & Back (Lf), Recover (Rf)
 - 3 Big Step (Lf)
 - 4 & Back (Rf), Recover (Lf)
 - 5 Fwd (Rf)
 - 6 & 7 Fwd (Lf), ½ Turn R Recover (Rf), 1/2 Turn R Back (Lf) With Sweep
 - 8 & Back (Rf), Together (Lf)
-