

Lei Le Tong Le Fang Shou Le (累了痛了放手了)

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: High Beginner
编舞者: Ira Barie (INA) & Yanti Tannjoek (INA) - October 2021
音乐: 累了痛了放手了 (Remix) - 莫叫姐姐



Start Dance On Vocals

Tag: 4 count after walls 2 & 7

Sec 1 - R HITCH, L MAMBO, R CHASSE, L HITCH

1-2 R hitch (1) Step R in place (2)
3&4 Step L to side (3) R recover (&) Step L beside R (4)
5&6 Step R to side (5) Step L together (&) Step R to side (6)
7-8 L hitch (7) Step L to side (8)

Sec 2 - FORWARD, RECOVER, TURN 1/2 FORWARD SHUFFLE, PADDLE 1/4 TURN R (twice)

1-2 Step R forward (1) L Recover (2)
3&4 Turn 1/2 step forward R (3) Step forward L beside R (&) Step forward R (4) (06:00)
5-6 Step L Forward (5) Turn 1/4 to R (6) (09:00)
7-8 Step L Forward (7) Turn 1/4 to R (8) (weight on R) (12:00)

Sec 3. MAMBO DIAGONAL L - R, V STEP, R TOUCH

1&2 Step L forward diagonal (1) R recover (&) Step L beside R (2)
3&4 Step R forward diagonal (3) L recover (&) Step R beside L (4)
5-6 Step L diagonally forward (5) Step R diagonally forward (6)
7-8 Step L back to centre (7) R touch beside L (8)

Sec 4. DIAGONAL R FORWARD, TOUCH, DIAGONAL L BACKWARD, TOUCH, DIAGONAL R BACKWARD, TOUCH, DIAGONAL L FWD, TOUCH, 1/4 L PIVOT (09:00)

&1-2 Step R forward diagonal (&) Touch L beside R (1) Hold (2)
&3-4 Step L backward diagonal (&), Touch R beside L (3), Hold (4)
&5 Step R diagonally backward (&), Touch L beside R (5)
&6 Step L diagonally forward (&), Touch R beside L (6)
7-8 Step R forward (7) Turn 1/4 L (8) (09:00)

TAG 4 COUNT

1-4 HOLD or do free style with your own style

Enjoy the dance !!!