

Ben Cao Gang Mu

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 2 级数: Easy Intermediate
编舞者: Penny Tan (MY) - April 2022
音乐: Ben Cao Gang Mu (本草綱目) - Jay Chou (周杰倫)



Intro : 16 Counts

****2 Tags / 1 Restart**

***Tag 1 (8C):**At the end of W4 ,add tag facing 12:00

**** Tag 2 (8C):** On W7 , dance up to 16C , ¼ turn L , do the tag facing 6:00 , then restart the dance

TAG1 (8C):SIDE,TOUCH (R-L-R-L)

1-4 Step RF to R, touch LF next to RF, step LF to L,touch RF next to LF

5-8 Step RF to R, touch LF next to RF, step LF to L,touch RF next to LF

TAG2 (8C): ¼ TURN L STEP WITH HIP BUMP ,HOLD (L-R-L) ,BUMPS (RLRL)

1-4 ¼ turn L ,step LF to L with hip bump , hold, hip bump to R , hold

5-6 Hip bump to L ,hold

7&8& Hip bumps RLRL (weight on L)

Main Dance (32C)

SEC1:STEP,HOOK (R-L-R-L),SIDE CHASSE,FWD SHUFFLE

1&2& Step RF to R,hook LF over RF,step LF to L,hook RF over LF

3&4& Step RF to R,hook LF over RF,step LF to L,hook RF over LF

5&6 Step RF to R ,step LF next to R F,step RF to R

7&8 Fwd shuffle L-R-L

***Stylings optional: when do the L hook ,you can touch your R hand on L foot(inner ankle) , when do R hook, touch L hand on R foot(inner ankle and so on)**

SEC2:1/4 TURN L STEP ,FLICK STEP,FLICK ,STEP,FLICK ,STEP,FLICK,SIDE,TOUCH,SIDE,TOUCH,SIDE,TOGETHER,SIDE,TOUCH

1&2& ¼ turn L,step RF to R,flick LF behind RF,step LF to L,flick RF behind LF

3&4& Step RF to R,flick LF behind RF,step LF to L,flick RF behind LF

5&6& Step RF to R,touch LF next to RF,step LF to L,touch RF next to LF

7&8& Step RF to R,step LF next to RF,step RF to R,touch LF next to RF

***Stylings optional: When you do the L flick , you can touch your R hand on L foot & so on**

****Tag2(8C) here : ¼ turn L , do the tag facing 6:00 , then restart the dance**

SEC3:FLICK OUT WUITH TOUCH,SIDE CHASSE,1/4 TURN R COASTER STEP

1&2& Flick LF out with touch L hand on L ankle(1),touch LF on L(&) , flick LF out with touch L hand on L ankle(2),touch LF on L(&)

3&4 Flick LF out with touch L hand on L ankle(3),touch LF on L(&), flick LF out with touch L hand on L ankle(4)

5&6 Step LF to L , step RF next to LF ,step LF to L

7&8 ¼ turn R , step RF back ,step LF next to RF,step RF fwd

SEC4:STEP,HITCH(L-R-L-L),BACK SHUFFLE,1/2 TURN R COASTER STEP,FWD

1&2& Step LF fwd ,hitch R with clap on R thigh,step RF fwd , hitch L with clap on L thigh

3&4& Step LF fwd ,hitch R with clap on R thigh,step RF fwd , hitch L with clap on L thigh

5&6 Back shuffle L-R-L

7&8& ½ turn , step RF back ,step LF next to RF ,step RF fwd,step LF fwd

Have fun and happy dancing!

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