

Easy Ben Cao Gang Mu

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: High Beginner
编舞者: Penny Tan (MY) - May 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 (4& Count): At the end of W4 , add tag facing 12:00

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

TAG1 (4& Count):SIDE, TOUCH (R-L-R-L)

1&2& Step RF to R, touch LF next to RF, step LF to L, touch RF next to LF

3&4& Step RF to R, touch LF next to RF, step LF to L, touch RF next to LF

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

1-4 Step RF to R with hip bump , hold, hip bump to L , hold

5-6 Hip bump to R, hold

7&8 Hip bumps LRL (weight on L)

SEC1:OUT ,IN (4X),SIDE , TOUCH(R-L,R-L)

1&2& Point RF out, touch RF next to LF , Point RF out, touch RF next to LF

3&4& Point RF out, touch RF next to LF , Point RF out, touch RF next to 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, touch LF next to RF, step LF to L, touch RF next to LF

SEC2:WALK FWD (R-L),MAMBO STEP ,WALK BACK (L-R), COASTER STEP

1-2 Walk fwd R , walk fwd L .

3&4 Rock R fwd, recover weight on L, step R back.

5-6 Walk back on L, walk back on R.

7&8 Step L back. Step R beside L, tep fwd on L.

SEC3:KICK BALL TOUCH(R-L),SAILOR STEP(R-L)

1&2 Kick RF fwd, step RF back next to LF, touch LF to L side

3&4 Kick LF fwd, step LF back next to RF , touch RF to R side

5&6 Step RF from front behind LF , step LF to L , step RF on R

7&8 Step LF behind RF , step RF to R, step LF on L

SEC4:SIDE CHASSE, 1/4 TURN L SIDE CHASSE, 1/4 TURN R SIDE CHASSE, 1/4 L SIDE CHASSE

1&2 Step RF to R , step LF next to RF, step RF to R

3&4 ¼ turn L, step LF to L, step RF next to LF , step LF to L

5&6 ¼ turn R , Step RF to R , step LF next to RF, step RF to R

7&8 ¼ turn L, step LF to L, step RF next to LF , step LF to L

Have fun and happy dancing!

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