

Wu Fa Tao Bi De Tong (无法逃避的痛)

COPPER KNOB
BY STEPHEN

拍数: 102 墙数: 1 级数: Phrased Improver
编舞者: Erni Jasin (INA) - July 2022
音乐: Wu Fa Tao Bi De Tong (无法逃避的痛) - Zheng Yun (正云)



Sequence : ID, A, Tag, B, ID, A, Tag, B, A, Tag, B, (Ending repeat the last section of Part B)

****ID (32C)**

A (48C), B (54C)

****Tag : 4 Counts**

Intro Dance : 32 Counts

SECTION 1 : WALK FORWARD - V STEP

1 4 Walk Fwd RLRL

5 8 Step RF diagonal fwd to R, Step LF diagonal fwd to L, Step RF back to center, Close LF beside R

SECTION 2 : WALK BACKWARD - V STEP

1 4 Walk back RLRL

5 8 Step RF diagonal fwd to R, Step LF diagonal fwd to L, Step RF back to center, Close LF beside R

SECTION 3 : SIDE - TOGETHER - SIDE - TOUCH CLOSE - TOUCH OUT - IN (X2)

1 4 Step RF to R side, Step LF beside RF, Step RF to side , Touch LF beside RF

5 8 Touch LF to side , Touch LF beside RF , Touch LF side , Touch LF beside RF

SECTION 4 : SIDE - TOGETHER - SIDE - TOUCH CLOSE - TOUCH OUT - IN (X2)

1 4 Step LF to L side , Step RF beside LF , Step LF to side , Touch RF beside LF

5 8 Touch RF to R side , Touch RF beside LF , Touch RF to side , Touch RF beside LF

PART : A (48 counts)

SECTION 1 : FWD TOE STRUTS (R&L) - JAZZ BOX

1 4 RF fwd Toe strut, Drop R heel, LF fwd Toe strut, Drop L heel

5 8 Cross RF over L, Step LF back, Step RF to side, Cross LF over RF

SECTION 2 : R LINDY - L MODIFIED ROCKING CHAIR

1&2 Step RF to R side, Step LF together, Step RF to side

3 4 Rock LF behind RF (3), Recover on RF

5 8 1/8 Turn L Rock LF diagonal fwd (10:30), Recover on RF, Rock LF back, Recover on RF

SECTION 3 : 1/8 TURN R - L LINDY - R MODIFIED ROCKING CHAIR

1&2 1/8 Turn R Step LF to L side, Step RF together, Step LF to side

3 4 Rock RF behind LF, Recover on LF

5 8 1/8 Turn R Rock RF to diagonal R (1:30), Recover on LF, Rock RF back, Recover on LF

SECTION 4 : 1/8 TURN L CROSS - POINT (R&L) - BACK CROSS - SIDE TOUCH (R&L)

1 4 Make 1/8 Turn L Cross RF over LF, Point LF to side, Cross LF over RF, Point RF to side,

5 8 Cross RF behind LF, Touch LF to side, Cross LF behind RF, Touch RF to side

SECTION 5 : ROCKING CHAIR - SIDE - HEEL STRUTS (R&L)

1 4 Rock RF fwd, Recover on LF, Rock RF back, Recover on LF

5 8 Step RF to side, L Heel strut in place, Drop L heel transfer weight to left, R Heel strut in place

SECTION 6 : R GRAPEVINE - L ROLLING VINE

1 4 Step RF to side, Cross LF behind R, Step RF to side, Touch LF beside R
5 8 1/4 Turn L stepping on L, 1/2 Turn L step RF back, 1/4 Turn L step LF side, Touch RF beside L

****TAG : (4C) OUT OUT - IN IN**

&12 Step RF to side, Step LF side, Hold
&34 Step RF to center, Close LF beside R, Hold

PART B : 54 Counts

SECTION 1 : HIP BUMPS (R&L)

1 4 Step RF to side make hip bump 4x
5 8 Transfer weight to L make hip bump 4x

SECTION 2 : HOP DIAGONAL BACK - TOUCH - HOLD (R&L)

&12 Hop RF diagonal back, Touch LF beside L, Hold
&34 Hop L diagonal back, Touch RF beside L, Hold
&56 Hop RF diagonal back, Touch LF beside R
&78 Hop LF diagonal back, Touch RF beside L

SECTION 3 : SIDE - BACK TOUCH (R&L) - SWAY (R&L)

1 4 Step RF to R side, Touch L toe behind R, Step LF to L side, Touch R toe behind L
5 8 Sway RLRL

SECTION 4 : HULLY GULLY STEP (R&L)

1 4 Step RF diagonal fwd to R, Step LF together, Step RF diagonal fwd to R, Touch LF beside RF with clap
5 8 Step LF diagonal fwd to L, Step RF together, Step LF diagonal fwd to L, Touch RF beside LF with clap

SECTION 5 : DIAGONAL BACK STEP - TOUCH (R&L)

1 4 Step RF diagonal back to R, Touch LF beside R, Step LF diagonal back to L, Touch RF beside L
5 8 Step RF diagonal back to R, Touch LF beside R, Step LF diagonal back to L, Touch RF beside L

SECTION 6 : SYNCOPATED SIDE TOUCH - HOLD

1&2& Touch R toe to side, Step RF together , Touch L toe to side, Step LF together
3 4 Touch RF side, Hold
5 6 Hold

SECTION 7 : FWD SHUFFLE - PIVOT 1/2 TURN R - FWD SHUFFLE - PIVOT 1/2 TURN L

1&2 Step RF fwd, Step LF beside R, Step RF fwd
3 4 Step LF fwd, make 1/2 turn R step RF in place
5&6 Step LF fwd, Step RF beside L, Step LF fwd
7 8 Step RF fwd, make 1/2 turn L step LF in place

Note : Repeat Section 7 of part B at the end of the dance

Just for Fun, Happy Dancing!! Contact : ernij58@gmail.com

Last Update: 2 Jul 2022
