

Cai Hong Ling (采红菱)

COPPER KNOB
BY STEPHEN

拍数: 56 墙数: 2 级数: Beginner
编舞者: Winston Yew (SG), Katherine Lee (SG) & Pang Siew Lan (SG) - October 2022
音乐: Cai Hong Ling (采红菱) - Zhuang Xue Zhong (庄学忠) & Zhuang Mei Juan (庄美娟)



Intro: 4x8 - App. 15 secs. into track.

Note: 2 restarts on wall 4 and wall 7, after 8 counts, facing 6:00
Starts with our Right Foot.

S1 V-Steps, Cross - Point (R, L)

1-4 RF: step diag. forward, LF: step diag. forward, RF: step back to center, LF: close,
5-8 RF: cross over LF, LF: point to side, LF: cross over RF, RF: point to side.

S2 Forward Mambo, Hold, Back Mambo, Hold

1-4 RF: rock forward, LF: recover, RF: step back, hold,
5-8 LF: rock back, RF: recover, LF: step forward, hold.

S3 Scissor Cross, hold, 1/4 R, Side, Cross, Hold

1-4 RF: step side, LF: close, RF: cross over LF, hold,
5-8 LF: step back 1/4 R-turn (3:00), RF: step side, LF: cross over RF, hold.

S4 Scissor Cross, hold, 1/4 R, 1/4R, Cross, Hold

1-4 RF: step side, LF: close, RF: cross over LF, hold,
5-8 LF: step back 1/4R-turn (6:00), RF: step side 1/4R-turn (9:00), LF: cross over RF, hold.

S5 Forward Rhumba box with holds

1-4 RF: Step side, LF: close, RF: step forward, hold,
5-8 LF: step side, RF: close, LF: step back, hold

S6 Rock back, 1/2L, Hold, Slow Coaster Step, Hold

1-4 RF: rock back, LF: recover, RF: back 1/2L-turn (3:00), hold,
5-8 LF: step back, RF: close, LF: step forward, hold.

S7 Rocking Chair, 1/4R Jazz Box

1-4 RF: rock forward, LF: recover, RF: rock back, LF: recover,
5-8 RF: cross over LF, LF: step back 1/4 R-turn (6:00), RF: side, LF: cross over RF or step forward.

Keep Active! Keep Dancing!
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