

# Yi Wan Ci Shang Xin Yi Wan Ci Nan Guo (一万次伤心一万次难过)

COPPER KNOB  
STEPSHEETS

拍数: 32                      墙数: 2                      级数: Beginner  
编舞者: Shirley Bang (MY) & Penny Tan (MY) - June 2023  
音乐: Yi Wan Ci Shang Xin Yi Wan Ci Nan Guo (一万次伤心一万次难过) (DJ默涵版) - An Qi Na (安琪娜)



Start Intro Dance after 32C

\*1 Tag / No Restart

\*\*Tag (32C) after W3 - Facing 6:00

\*Tag (32C) also as Intro Dance

iSEC1: STEP ,CROSS TOUCH, STEP ,BEHIND TOUCH(2X)

1-2                      Step RF to R side , cross LF over RF  
3-4                      Step LF to L side , cross LF over RF  
5-6                      Step RF to R side , touch LF behind RF  
7-8                      Step LF to L side , touch RF behind LF

iSEC2:SIDE TOGETHER ,SIDE TOUCH (R-L)

1-4                      Step RF to R ,step LF next to RF ,step RF to R ,touch LF next to RF  
5-8                      Step LF to L ,step RF to LF ,step LF to L,touch RF next to LF

iSEC3: REPEAT iSEC1

iSEC4: REPEAT iSEC2

Main Dance (32C)

SEC1:WALK FWD ,SWAYS

1-4                      Walk fwd R-L-R-L  
5-8                      Step RF to R with sways R-L-R-L(weight on L)

SEC2:WALK BACK ,TOUCH R OUT , TOUCH IN ,TOUCH OUT , TOUCH IN

1-4                      Walk back R-L-R-L  
5-8                      Point R toes out to R side, touch RF next to LF , Point R toes out to R side, touch RF next to LF

SEC3:STEP ,LOCK , STEP,LOCK,STEP ,1/4 TURN L ,FWD SHUFFLE ,PIVOT 1/4 TURN

1-2                      Step RF fwd ,lock LF behind RF  
3&4                      Step RF fwd ,lock LF behind RF ,step RF fwd  
5&6                      ¼ turn L ,fwd shuffle L-R-L (9:00)  
7-8                      Step RF fwd, ¼ turn L ,recover on L (6:00)

SEC4:BASIC CHA CHA (R-L)

1-2                      Step RF fwd ,recover on L  
3&4                      Fwd shuffle R-L-R (or lock step)  
5-6                      Step LF back ,recover on R  
7&8                      Fwd shuffle L-R-L (or lock step)

Have Fun! Happy dancing!

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