

Man Bu Ren Sheng Lu (漫步人生路)

COPPER KNOB
BY STEPHEN

拍数: 64 墙数: 1 级数: Improver
编舞者: Mayee Lee (MY) - December 2023
音乐: Man Bu Ren Sheng Lu (漫步人生路) - Gigi Yim (炎明熹) & Tan Jianci (檀健次)



Intro : Start after 4 counts

Sequence of dance : 64 – 48 - Tag 1 – 64 – 56 – Tag 2 – 64 - Ending 24

Intro dance (32 counts)

Section 1 : R Side, Bounce x7

1 - 8 Step R to R(1), bounce(2-4)(bounce & point L hand from R to L(5-8))

Section 2 : R Side, Bounce x7

1 - 8 Step R to R(1), bounce(2-4)(bounce & point R hand from L to R (5-8))

Section 3 : Toe Strut Back RLRL

1 – 8 Touch R back(1), step R down(2), touch L back(3), step L down(4)(Repeat again(5-8))

Section 4 : R Side, Bounce x8 (Only Hand Movement)

1 – 8 Step R to R(1), bounce(2-8)(Draw L hand half anti-clock circle(1-4), pull L hand down(5-8))

Main Dance (64 counts)

Section 1 : Touch R & Bump R Hip x4, R Side, Touch L, L Side, Touch R

1 – 4 Touch R to R & bump hip to R 4 times(1-4)

5 – 8 Step R to R(5), touch L beside R(6), step L to L(7), touch R beside L(8)

Section 2 : ¼ Turn R Walk Forward RL, ¼ Turn L, Touch L, Marching LRLR

1 – 4 ¼ turn R walk forward RL(1-2)(3.00), ¼ turn L step R to R(3)(12.00), touch L beside R(4)

5 – 8 Marching on spot LRLR(5-8)

Section 3 : Mirror Steps for Section 1

Section 4 : ¼ Turn L Walk Forward LR, ¼ Turn R, Touch R, Touch R To R & Bounce x4

1 – 4 ¼ turn L walk forward LR(1-2)(9.00), ¼ turn R step L to L(3)(12.00), touch R beside L(4)

5 – 8 Touch R to R & bounce 4 times(5-8)

Section 5 : R Beside L, Walk Forward LR, L Beside R, Cross R, L Side, R Beside L, Cross L, R Side, Touch L Behind, Unwind ½ Turn L

&12 &34 Step R on ball beside L(&), walk forward LR(1-2), step L on ball behind R(&), cross R over L(3), step L to L(4)

&56 78 step R on ball behind L(&), cross L over R(3), step R to R(4), touch L behind(7), unwind ½ turn L(8)(6.00)

Section 6 : R Jazz Box, R Side Mambo, L Side Mambo

1 – 4 Cross R over L(1), step L back(2), step R to R(3), step L forward(4)

5&6 7&8 step R to R(5), recover on L(&), step R beside L(6), step L to L(7), recover on R(7), step L beside R(8)(6.00)

Section 7 : R Forward, Recover L, ½ Turn R Shuffle, ½ Turn R Walk Forward LR & L Forward Shuffle

12 3&4 Step R forward(1), recover on L(2), ½ turn R step R forward(3)(12.00), step L on ball behind R(&), step R forward(4)(Can start pre-turn to R)

56 7&8 Start ½ turn R walk forward LR(5-6), step L forward(7), step R on ball behind L(&), step L forward(8)

Section 8 : R Kick Ball Touch, L Kick Ball Touch, R Forward, Recover L, Walk Back RL

1&2 3&4 Kick R forward(1), step R down(&), touch L to L(2), kick L forward(3), step L down(&), touch R to R(4)

5 – 8 Step R forward(5), recover on L(6), walk back RL(7-8)

Tag 1 (4 counts) : You will facing 6.00

1 – 4 Walk forward RLR(1-3), pivot ½ turn L step L forward(4)(12.00)

Tag 2 (40 counts)

Section 1 : Walk Forward RL With Hold Count, R Out, Hold, L Out, Hold

1 – 8 Step R forward(1), hold(2), step L forward(3), hold(4), step R out(5), hold(6), step L out(7), hold(8)

Section 2 : Walk Full Turn R Circle R, Hold, L, Hold, R, Hold, L Hold

1 – 8 Full turn R walk forward R(1), hold(2), L forward(3), hold(4), R forward(5), hold(6), L forward(7), hold(8)

Section 3 : R Side, Hold, Touch L, Hold, Touch L To L, Hold x3

1 – 8 Step R to R(1), hold(2), touch R beside L(3), hold(4), touch L to L(5), hold(6-8)

Section 4 : Mirror steps for Section 3 (Tag 2)

Section 5 : Together, Cross L, Unwind Full Turn R, Hold x4

&1 – 8 Step R on ball beside L(&), cross L over R(1), unwind ½ turn R(2-4), hold(5-8)

Ending (24 counts)

Section 1 : Touch R & Bump R Hip x4, R Side, Touch L, L Side, Touch R

1 – 4 Touch R to R & bump hip to R 4 times(1-4)

5 – 8 Step R to R(5), touch L beside R(6), step L to L(7), step R beside L(8)

Section 2 : Repeat Section 1 (Ending Part)

Section 3 : Together, Cross L, Unwind Full Turn R, Holdx4

&1 – 8 Step R on ball beside L(&), cross L over R(1), unwind full turn R(2-4), hold(5-8)

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