

Yi Ban Feng Le Yi Ban Suan Le (一半瘋了一半算了)

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Beginner
编舞者: Ivy Chan Siew Lin (SG) - July 2024
音乐: Yi Ban Feng Le Yi Ban Suan Le (一半瘋了一半算了) (DJ默涵作者粵語版) - Hua Tong (花僮)



[1 – 8] FWD SHUFFLE, FWD ROCK, BACK SHUFFLE, BACK ROCK,

1&2 3-4 Step Fwd on RF, Step LF next to RF, Step Fwd on RF, Rock LF fwd, Recover on RF
5&6 7-8 Step Back on LF, Step RF next to LF, Step Back on LF, RF back, Recover on LF

[9 – 16] RIGHT CHASSE, BACK ROCK, RECOVER, LEFT CHASSE, BACK ROCK, RECOVER

1&2 3-4 Step RF to R, Step LF beside RF, Step RF to R, Step LF back, Recover on RF
5&6 7-8 Step LF to L, Step RF beside LF, Step LF to L, Step RF back, Recover on LF

[17 – 24] FWD TOUCH, FWD TOUCH, R HIP BUMP, L HIP BUMP

1-2-3-4 Step RF diagonally to R, touch LF beside RF, Step LF diagonally to L, touch RF beside LF
5&6 7&8 Step RF to R side, hips bump twice R, R, L, L

[25 – 32] BACK SHUFFLE, BACK SHUFFLE, BACK ROCK, STEP PIVOT 1/4

1&2 Step Back on RF, Step LF next to RF, Step Back on RF
3&4 Step Back on LF, Step RF next to LF, Step Back on LF
5-6-7-8 RF back, Recover on LF, Step RF Fwd, Pivot 1/4 turn L

Tag (4 Counts) - End of Wall 9 (9:00)

[1 – 4] 1/4 L SIDE TOUCH, 1/4 L FORWARD TOUCH,

1-2-3-4 Step RF to R 1/4 turn L, Touch LF next to R, Step LF Fwd 1/4 turn L, Touch RF next to L
(3:00)

Have Fun & Happy Dancing!!!

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