

Semowah Cha AB

COPPER KNOB
BYEFOOTETS

拍数: 32 墙数: 2 级数: Absolute Beginner
编舞者: Winnie Yu (CAN) - September 2024
音乐: Shen Me Hua (Semowah)- Gean Lim 什麼話-林必嬭



Beginner Level Line dance / 4 wall / 32 count – Please see *NOTE @ bottom

Intro:32 count

*This dance is dedicated to Ontario Health Region (Toronto & Central)
~65+ Beginner Line Dance classes.

Section 1: R Chasse, Back, Recover, L Chasse, Back, Recover

1&2-3-4 Step R to R side, Step L next to R, Step R to R Side, Rock back on l, recover weight onto R
5&6- 7-8 Step L to L side, Step R next to L, Step L to L Side, Rock back on R, recover weight onto L

Section 2: Vine R, Touch, Vine L, Touch

1 – 4 Step R to R side, Cross L behind R, Step R to R side, Touch L beside R
7 – 8 Step L to L Side, Cross R behind L, Step L to L side, Touch R beside L

Section 3: Fwd R, L, ¼ R – R Fwd shuffle, Fwd L, R, ¼ R – L Fwd Shuffle (Walk Around ½ R)

1-2-3&4 Walk forward R, L, Make a ¼ turn R & stepping R forward, Step L next to R, Step forward on R (3:00)
5-6-7&8 Walk forward L, R, Make a ¼ turn R & stepping L forward, Step R next to L, Step forward on L (6:00)

Section 4: Rocking Chair X 2

1-2-3-4 Rock forward on right, recover onto left, Rock back on right, recover onto left
5-6-7-8 Rock forward on right, recover onto left, Rock back on right, recover onto left

Option:- Count 5 – 8 [Fwd R, Pivot ½ L] x 2

**Note: Modify the dance to 4 wall (Beginner Level)

Change Section 3 to ¼ R and ½ turn R (Make a ¾ Arc turn R)

Enjoy with Smiles