

Cuan

拍数: 128 墙数: 2 级数: Phrased Intermediate
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音乐: Cuan - Denada



Sequences : AAB Taq AA CCB Tag - AAD - AAA

TAG (4C) : JAIPONG STYLE

1234 Sway inplace RLRL

(you can add hand movements)

PART A. 32C

S1. R. SIDE ROCK - RECOVER, BACK ROCK - RECOVER, LINDY STEP

1234. Rock RF to R, Recover onto LF, Rock back on RF, Recover onto LF

5&6. Step RF to R, Step LF beside RF, Step RF to R

78. Rock back on LF, Recover onto RF

S2. L. SIDE ROCK - RECOVER, BACK ROCK - RECOVER, LINDY STEP

1234. Rock LF to L, Recover onto RF, Rock back on LF, Recover onto RF

5&6. Step LF to L, Step RF beside LF, Step LF to L

78. Rock back on RF, Recover onto LF

S3. FORWARD TOE STRUT R/L, ½L. PIVOT, ROCK FORWARD - RECOVER

1234. Touch RF toe fwd, Drop heel inplace, Touch LF toe fwd, Drop heel inplace

56. Step RF fwd, Turn ½L. Step LF forward

78. Rock RF forward, Recover onto LF

S4. SCISSORS - HOLD R/L

1234. Step RF to R, Step LF beside RF, Cross RF over LF, Hold

5678. Step LF to L, Step RF beside LF, Cross LF over RF, Hold

PART B. 32C

S1. R. BIG STEP - DRAG/POINT TOGETHER, R. HIPS BUMP, ¼L. LONG STEP - DRAG/POINT TOGETHER, L. HIPS BUMP

1234 Big step RF to R, Drag LF next to RF weight on RF, Hip Bump to R 2X

5678. Turn ¼L. Long step LF fwd, Drag RF next to LF weight on LF, Hip bump to L 2X

S2. WALK BACKWARD RLR- L TOGETHER, ½L. WALK BACKWARD RLR - L TOGETHER

1234. Walk Backward (RLR- LF together beside RF) while doing movements like pulling a kite

5678. Turn ½L. Walk Backward (RLR - LF together RF) while doing movements like pulling a kite

S3. R E P E A T (S1)

S4. R E P E A T (S2)

PART C. 32C

S1. WEAVE - L. POINT, ½L. WEAVE - TOUCH TOGETHER

1234. Cross RF over LF, Step LF to L, Cross RF behind LF, Touch LF to L

5678. Cross LF over RF, Turn ¼L. Step back on RF, Turn ¼L. Step LF to L, Touch RF beside LF

S2. BOTAFOGO R/L, ROCKING CHAIR WITH SHIMMY

1&2. Cross RF over LF, Rock LF ball to L, Recover onto RF

3&4. Cross LF over RF, Rock RF ball to R, Recover onto LF

5678. Rock RF fwd, Recover onto LF, Rock back on RF, Recover on LF

(while SHIMMY)

S3. ¼R. HALF DIAMOND FALLAWAY, RUN - RUN

- 1&2. Cross RF over LF, Turn ¼R. Step LF to L, Step back on RF
- 3&4. Step back on LF, Turn ¼R. Step RF to R, Step LF fwd
- 5&6. Triple steps forward RLR
- 7&8. Triple steps forward LRL

S4. ROCKING CHAIR, ¾R. WALKFORWARD

- 1234. Rock RF fwd, Recover onto LF, Rock back on RF, Recover onto LF
- 5678. Turn ¼R Step RF fwd, Turn ¼R. Step LF fwd, Turn ¼R. Step RF fwd, Step LF fwd

PART D. 32C

S1. JUMP & POINT - HOLD R/L (improve your hands movement)

- 1234. RF jumps slightly to R - weight on the RF & hold
- 5678. LF jumps slightly to L - weight on the LF & hold

S2. R. CROSS - ¼L. BACKWARD (4X)

- 1234. Cross RF over LF, Turn ¼L. Step back on LF, Cross RF over LF, Turn ¼L. Step back on LF
- 5678. R E P E A T (1234) -

S3. R E P E A T (S1)

S4. SIDE ROCK - HOLD, RECOVER - HOLD, JAIPONG STYLE (improve your hands movement)

- 1234. Rock RF to R - hold, Recover onto LF - hold
- 5678. Rock RF to R while point LF to L, Recover onto LF, Rock RF to R while point LF to L, Recover onto LF

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