

The Wind Over the Wheat Field (风吹麦浪)

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 1 级数: Improver
编舞者: Penny Tan (MY) & Shirley Bang (MY) - November 2024
音乐: The Wind Over the Wheat Field (风吹麦浪) - Zhou Shen (周深) & Li Jian (李健)



Dance starts from vocal "Wei", approx. 4C

*No Tag / No Restart

SEC1:SWAY R-L , COASTER STEP , SIDE ,CROSS , SIDE , BEHIND , FWD SHUFFLE

1-2 Step RF to R with sway , step LF to L with sway
3&4 Step RF back , step LF next to RF , step RF fwd
5&6& Step LF to L , point R toes over LF , step RF to R , touch LF behind RF
7&8 Fwd shuffle L-R-L

SEC2:FWD , RECOVER WITH SWEEP , STEP BACK WITH SWEEP ,COASTER STEP , PIVOT ¼ TURN R

1-2 Step RF fwd with lock LF behind RF , recover on L with sweeping RF front to back
3-4 Step RF back with sweeping LF front to back , step LF back with sweeping RF front to back
5&6 Step RF back , step LF next to RF , step RF fwd
7&8 Step LF fwd , ¼ turn R , step RF on R , slightly cross LF over RF (or step LF fwd) (3:00)

SEC3:DIAGONAL FWD SHUFFLE (R-L) , CHASE TURN , FWD SHUFFLE

1&2 Shuffle fwd diagonally R-L-R
3&4 Shuffle fwd diagonally L-R-L
5&6 Step RF fwd , ½ turn L , step LF fwd , step RF fwd (9:00)
7&8 Fwd shuffle L-R-L

SEC4:1/4 TURN R DIAMOND , FWD RUN KICK , BACK , TOUCH

1&2 Cross RF over LF , 1/8 turn R ... stepping LF back , step RF back with hitch L knee fwd
3&4 Step LF back , 1/8 turn R , step RF to side ,step LF fwd (12:00)
5&6& Small run fwd R-L-R , small lift LF up fwd or kick LF fwd
7&8& Small step back L-R-L , touch RF next to LF

SEC5:SWAY , SIDE CHASSE (R-L)

1-2 Step RF to R with sway , step LF on L with sway
3&4 Step RF to R , step LF next to LF ,step RF to R
5-6 Step LF to L with sway , step RF on R with sway
7&8 Step LF to L , step RF next to LF , step LF to L

SEC6:FWD , KICK , BACK , TOUCH (x2) ,FWD SHUFFLE , CHASE TURN

1&2& Step RF fwd , low kick LF fwd (or lift LF up fwd) ,step LF back , touch RF next to LF
3&4& Step RF fwd , low kick LF fwd (or lift LF up fwd) , step LF back , touch RF next to LF
5&6 Fwd shuffle R-L-R
7&8 Step LF fwd , ½ turn R ,step RF fwd , step LF fwd (6:00)

SEC7:REPEAT SEC5

SEC8:REPEAT SEC6

*Dance will facing back to 12:00 & start all over again.

Have fun and happy dancing!

