

You've Been Here For A While...I'm Hurt (你来了一阵子..我疼了)

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 2 级数: Intermediate
编舞者: Sally Sumardi (INA) & Anggia Ridjal (INA) - December 2024
音乐: Ni Lai Le Yi Zhen Zi (你来了一阵子) (女声版) - Wang Na (王娜)



Intro : 16 Count

TAG 1 : 4 Count (After Wall 1)

TAG 2 : 2 Count (After Wall 3, 7 & 8)

Restart : On Wall 4 after 16 Count (Step Change Turn ¼ L) & On Wall 5 After 20 Count

Section 1 : Side, Behind, Side, Forward, Recover, Backward, Coater Step

1 2&3 Step RF to R (1), Step LF Behind RF(2), Step RF to R (&), Step LF Fwd Turning 1/8 R (13:30)
4&5 Recover onto RF (4), Step LF Back (&), Step RF Back with Sweep LF From Front to Back (5)
6 7&8 Step LF Back Sweeping RF From Front to Back(6), Step RF Back (7), Step LF Next To LF (&), Step RF Fwd (8)

Section 2 : Forward, Pivot ½ L, Forward , Spiral Full Turn, Forward, Cerpiente, Hitch

1 2&3 Step LF Fwd (1), Step RF Fwd (2), Turn ½ L weight on LF (&) (7:30), Step RF Fwd (3)
4 5 Step LF Fwd Full Turning R (4), Step RF Fwd Sweeping LF From Back To Front and turn 1/8 R (5) (09:00)
6&7 Cross LF Over RF (6) , Step RF to R (&), Step LF Back Hitching RF (Figure 4)
8& Step RF Behind (8), Step LF to L (&)

Restart here on wall 3 after 16 Count, Restart Turn ¼ L

Section 3 : Forward, Cross, Diamond ¼ , Scissor, Side Rock

1 2&3 Step RF Fwd LF Sweeping LF From Back To Front(1), Cros LF Over RF (2), Step RF To R (&) Step LF Back Turning 1/8 L (3) (07:30)
4&5 Step RF Back (4), Step LF To L Turning 1/8 L (&) (06:0) Cross RF Over LF
(Restart here on Wall 5 after 20 Count or 4&)
6&7 Step LF To L (6), Closed RF Next To LF (&), Cross LF Over RF
8& Rock RF to R (8), Recover Onto LF (&)

Section 4 : Cross Rock, Side, Cross Rock, Side, Rock Forward, Full Turn 2x

1 2& Cross Rock RF Over LF(1), Recover Onto LF (2), Step RF To R (&)
3 4& Cross Rock LF Over RF(3), Recover Onto RF (4), Step LF To L (&)
5 6& Rock RF Fwd (5), Recover Onto LF (6), Step RF Fwd Turning ½ R (&) (12:00)
7&8 Step LF Back Turning ½ R (7) (06:00), Step RF Fwd Turning ½ R (&) (12:00), Step LF Back Turning ½ R (8) (06:00)

Optional :

5 6& Rock RF Fwd (5), Recover Onto LF (6), Step RF Back (&)
7&8 Step LF Back (7) , Step RF Back (&) (12:00), Step LF Back (8)

TAG 1 : Sway (4 Count)

1 2 3 4 Rock RF To R Swaying Hips To R (1), Recover onto LF Swaying Hips To L (2), Recover Onto RF Swaying Hips To R (3), Recover onto LF Swaying Hips To L

TAG 2 : Sway (2 Count)

1 2 Rock RF To R Swaying Hips To R (1), Recover onto LF Swaying Hips To L (2)

Contact : anggiaridjal@yahoo.com

Enjoy the dance
