Shanghai Beach (上海灘)

拍数: 32 **墙数:** 4 **级数:** High Beginner
编舞者: Rodney Kee (AUS) - December 2024
音乐: Shanghai Beach (Shanghai) - Frances Yip (葉麗儀)
或: Shanghai Beach (上海灘) - Andy Lau (劉德華)

Note! See further below for S1 of Wall 1.

S1 : CROSS ROCK – SWEEP BACK – SIDE ROCK (R & L)

1 & 2 &	Cross R Over L (1) Recover on L (&) Sweep R from Front to Back (2) till Step R Behind L (&)
3 – 4	Step L Side (3) Recover on R (4)
5 & 6 &	Cross L Over R (5) Recover on R (&) Sweep L from Front to Back (6) till Step L Behind R (&)
7 – 8	Step R Side (7) Recover on L (8)

S2 : SYNCOPATED SHUFFLE – TURN ¼ RIGHT – SYNCOPATED SHUFFLE – TURN ¼ LEFT

1 & 2 &	Step R Forward (1) Step L Beside R (&) Hold (2) Step R Forward (&)
3 – 4	Step L Forward (3) Turn ¼ Right Step R In-place (4) (03:00)
5 & 6 &	Step L Forward (5) Step R Beside L (&) Hold (6) Step L Forward (&)
7 – 8	Step R Forward (7) Turn ¼ Left Step L In-place (8) (12:00)

S3 : CROSS SIDE BEHIND SWEEP SIDE (R & L)

1 – 2	Cross R Over L (1) Step L Side (2)
3 – 4 &	Step R Behind L (3) Sweep L from Front to Back (4) Step R Side (&)
5 – 6	Cross L Over R (5) Step R Side (6)
7 – 8 &	Step L Behind R (7) Sweep R from Front to Back (8) Step L Side (&)

S4 : CROSS POINT – CROSS POINT – CROSS BACK ¼ TURN RIGHT – SWAY SWAY

1 – 2	Cross R Over L (1) Point L Side (2)
3 – 4	Cross L Over R (3) Point R Side (4)
5 – 6	Cross R Over L (5) Step L Back turning ¼ Right (6) (03:00)
7 – 8	Sway R (7) Sway L (8)

For Wall 1 only, the count is different due to the syncopation of the music:
S1 : CROSS ROCK – SWEEP BACK – SIDE ROCK (R & L)

1 – 2 a	Cross R Over L (1) Recover on L while sweeping R from Front to Back (2) till Step R Behind L (a)
3 – 4	Step L Side (3) Recover on R (4)
5 – 6 a	Cross L Over R (5) Recover on R while sweeping L from Front to Back (6) till Step L Behind R (a)
7 – 8	Step R Side (7) Recover on L (8)

Last Wall:
At Wall 8 facing 9:00, dance till S2 counts “1 & 2 &”,
then the music dramatically slows down for S2 counts “3 – 4" (12:00),
so hold at S2 count “4” and wait till you hear S2 count "5" to continue
dancing at slower tempo till S3 counts “3 – 4” without the “&” (9:00), to
end with ¼ turn Right stepping R to side (12:00) on S3 count "5", then pose!

Happy Dancing!

Last Update: 12 Jan 2025