

# Chan Fu (搀扶)

拍数: 32      墙数: 4      级数: Low Intermediate  
编舞者: Mei Xiang (MY) - January 2025  
音乐: Chan Fu (搀扶) - Ma Jian Tao (马健涛) : (剪辑缩短)



(Thanks to Hazel Tan for recommending such a beautiful piece of music)

Intro : 32 counts- No Tag, No Restart

## Sec 1 : Step fwd -fwd-Pivot 1/2 Turn R - Fwd - Fwd - Pivot 1/2 Turn L- Step back & sweep back (X3)- Behind - Side

12&      Step R fwd, Step L fwd, 1/2 Turn R Step fwd R (6:00)  
34&      Step L fwd(1) , Step R fwd(2) , 1/2 turn L Step L in place(&) (12:00)  
567      Step R back sweep L(5), Step L back sweep R(6), Step R back sweep L(7)  
8&      Cross L behind R (8), Step R to side (&)

## Sec 2 : Cross rock- Recocer - Side ( L & R) 1/4 Diamond Step

12&      Cross L over R (1), Recover on R (2) , Step L to side (&)  
34&      Cross R over L (3), Recover on L (4) , Step R to side (&)  
56&      Cross L over R (5), Step R to side(6), 1/8 turn L Step L back (&)(10:30)  
78&      Cross R behind L (7), 1/8 Turn L Walk L fwd (8), Walk R fwd (&), (9:00)

## Sec 3. Forward Mambo L - R Behind, L Side, R Cross , spiral Full Turn (L) with L Sweep, L Behind, R Side, L Cross Shuffle (9:00)

1-2&      Rock L F forward(1), recover weight on RF (2) Step L to R (&)  
3&4- 5.      Cross RF behind LF (3), step LF to L side (&), cross RF over LF (4), make a spiral turn L over L (5)  
6&7&8      Cross LF behind RF (6), step RF to R side (&), cross LF over RF (7), step RF to R side (&), cross LF over RF (8)

## Sec 4. R&L Basic Nightclub, R-L Side Body Sways (9:00)

1-2&      Step RF to R side (1), rock LF behind RF (2), recover weight on RF slightly crossing over LF (&)  
3-4&      Step LF to L side (3), rock RF behind LF (4), recover weight on LF slightly crossing over RF (&)  
5-6-7-8      Step RF to R side swaying body to R side (5), sway body to L side (6), swaying body to R side (7), sway body to L side (8)

Start again 2nd wall at (9:00).

Happy Dancing

Last Update: 19 Jan 2025