

# Mang Zhong 2025 ( 芒種 )

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BY STEPHEN T. S.

拍数: 164      墙数: 1      级数: Improver  
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音乐: Mang Zhong (芒種) - Xu Yuan Shu (徐遠書)



Intro : 20c

A:32c、B:64c、C:68c

Sequence : A-B-B(48c)-Tag-B-Tag-B(48c)-C

2 Tags : 4c

## Part A

### S1. Rock recover, hold, sway sway

1-2            Rf touch forward rock, recover Lf  
3-4            Rf together beside Lf, hold  
5-6            Sway to R side recover L side  
7-8            Sway to R side recover L side

### S2. Rock 1/4 turn L recover, hold, sway sway

1-2            Rf forward rock 1/4 turn L, recover Lf  
3-4            Rf together beside Lf, hold  
5-6            Sway sway  
7-8            Sway sway

### S3. Rock recover, hold, sway sway

1-2            Rf touch forward rock, recover Lf  
3-4            Rf together beside Lf, hold  
5-6            Sway to R side recover L side  
7-8            Sway to R side recover L side

### S4. Rock 1/4 turn L recover, hold, sway sway

1-2            Rf forward rock 1/4 turn L, recover Lf  
3-4            Rf together beside Lf, hold  
5-6            Sway sway  
7-8            Sway sway

## Part B

### S1. Pivot 1/2 turn L, shuffle, rocking chair

1-2            Step Rf forward pivot 1/2 L  
3&4            Rf forward shuffle  
5-8            Lf rocking chair

### S2. Pivot 1/2 turn L, shuffle, rocking chair

1-2            Step Lf forward pivot 1/2 R  
3&4            Lf forward shuffle  
5-8            Rf rocking chair

### S3. Step touch to R hold step touch to L hold sway sawy

&1-2            Rf step Lf touch to R hold  
&3-4            Lf step Rf touch to L hold  
5-8            Rf together beside Lf, squat down and slowly swing up

**S4. Step touch to R hold step touch to L hold sway sawy**

- &1-2 Rf step Lf touch to R hold
- &3-4 Lf step Rf touch to L hold
- 5-8 Rf together beside Lf, squat down and slowly swing up

**S5. Rock recover side shuffle**

- 1-2 Rf forward rock to L recover Lf
- 3&4 Rf side shuffle
- 5-6 Lf forward rock to R recover Rf
- 7&8 Lf side shuffle

**S6. V step, Squat 4 times**

- 1-2 RF diagonal forward step, LF diagonal forward step
- 3-4 RF back step LF back step together RF
- 5-8 Squat slightly with both knees 4 times ( Make a circle with your head counterclockwise from left to right )

**S7. Lock step, forward shuffle,**

- 1-2 Rf step forward lock step Lf behind R
- 3&4 Rf forward shuffle
- 5-6 Lf step forward lock step Rf behind L
- 7&8 Lf forward shuffle

**S8. Pivot 1/2 turn L 2 times, forward step together back step together**

- 1-2 Step Rf forward pivot 1/2 L
- 3-4 Step Rf forward pivot 1/2 L
- 5-6 Step Rf forward, step Lf forward beside Rf
- 7-8 Step Rf back, step Lf back beside Rf

**Part C****S1. shuffle, sailor step, sailor step 1/4 turn L**

- 1&2 Rf side shuffle
- 3&4 Lf side shuffle
- 5-6 Rf touch forward to the L, Rf side touch to the R
- 7&8 sailor step
- 1-2 Lf touch forward to the T, Lf side touch to the L
- 3&4 sailor step 1/4 turn L

**S2. shuffle, sailor step, sailor step 1/4 turn L**

- 1&2 Rf side shuffle
- 3&4 Lf side shuffle
- 5-6 Rf touch forward to the L, Rf side touch to the R
- 7&8 sailor step
- 1-2 Lf touch forward to the T, Lf side touch to the L
- 3&4 sailor step 1/4 turn L

**S3. shuffle, sailor step, sailor step 1/4 turn L**

- 1&2 Rf side shuffle
- 3&4 Lf side shuffle
- 5-6 Rf touch forward to the L, Rf side touch to the R
- 7&8 sailor step
- 1-2 Lf touch forward to the T, Lf side touch to the L
- 3&4 sailor step 1/4 turn L

**S4. shuffle, sailor step, sailor step 1/4 turn L**

1&2 Rf side shuffle  
3&4 Lf side shuffle  
5-6 Rf touch forward to the L, Rf side touch to the R  
7&8 sailor step  
1-2 Lf touch forward to the T, Lf side touch to the L  
3&4 sailor step 1/4 turn L

**S5. shuffle, sailor step 2 times**

1&2 Rf side shuffle  
3&4 Lf side shuffle  
5-6 Rf touch forward to the L, Rf side touch to the R  
7&8 sailor step  
1-2 Lf touch forward to the T, Lf side touch to the L  
3&4 sailor step

**S6.Ending**

1-8 Free style walk to ending pose

**Tag. Wall 3 after 48c & wall 4 after 64c**

1-4 Rf side touch Lf squat, Rf slow drag back to beside Lf

**(Please refer to the video for body and hand movements)**

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