

# Ying & Yang

拍数: 32      墙数: 2      级数: Beginner - Contra  
编舞者: Maxwell (DE) - March 2012  
音乐: Ying Yang - The Bellamy Brothers



Dance starts after 32 counts. Dance face to face with go-through position.

Remark: Don't stop dancing at this two short breaks at the end of the song ( wall 10 & 11 ) and as an Option – make a “ High Five “ during section 3 at shuffle right when you cross the line.

## Rock forward, coaster step, step, pivot 1/2 right, shuffle forward turning 1/2 right

- 1 -- 2      Step forward on right - Recover on left foot
- 3 & 4      Step back on right, step left foot next to right and a small step forward on right foot
- 5 -- 6      Step forward on left - 1/2 pivot turn right on both balls ( 6:00 )
- 7 & 8      Shuffle forward turning 1/2 turn right ( steps: left - right - left ) ( 12:00 )

## Rock back, heel, heel & heel, hook, shuffle forward

- 1 -- 2      Step back on right - Recover on left foot
- 3 -- 4      Touch right heel twice forward
- & 5 -- 6      Step right foot next to left and touch left heel forward - Lift left foot and cross over right knee
- 7 & 8      Shuffle forward ( steps: left - right - left )

## Shuffle forward right and left, step, pivot 1/2 left, coaster step

- 1 & 2      Shuffle forward ( steps: right - left - right ) ( Option: High Five with the right hand )
- 3 & 4      Shuffle forward ( steps: left - right - left )
- 5 -- 6      Step forward on right - 1/2 pivot turn left on both balls ( 6:00 )
- 7 & 8      Step back on left foot - Step right foot next to left and a small step forward on left foot

## Heel, hold & heel, hold & heel & heel & touch, touch

- 1 -- 2      Touch right heel forward - Hold
- & 3 -- 4      Step right foot next to left and touch left heel forward - hold
- & 5      Step left foot next to right and touch right heel forward
- & 6      Step right foot next to left and touch left heel forward
- & 7 - 8      Step left foot next to right and touch right toe twice next to left foot

Repeat