

Love Pains

拍数: 64 墙数: 4 级数: Improver
编舞者: Mary Frances Chua (MY) - June 2012
音乐: Bai Niang Zi (白娘子) (feat. 老猫 [Lao Mao]) - Wang Lin (王麟)



Intro: Start dance on main vocal after 40 counts of heavy beats (approx. 37 sec.)
At count 37-40, weight on left, follow the heavy beats to stomp right 4X.

S1: Right Kick Ball Point, Twist In Out, Left Kick Ball Point, Twist In Out

1&2 R kick fwd, ball step, L point to side
3, 4 Heels twist in, out (weight on right)
5&6 L kick fwd, ball step, R point to side
7, 8 Heels twist in, out (weight on left)

S2: Double Back Rock, Side Chasse

1, 2 R rock back , recover on L
3&4 R step to side, L together, R side step
5, 6 L rock back, recover on R
7&8 L step to side, R together, L side step

S3: Right Cross Toe Strut, Side Toe Strut, Cross Rock, Side Chasse

1 - 4 Cross R toe over L, drop R heel, touch L toe to left side, drop L heel
5, 6 R cross over L, recover on L
7&8 R step to side, L together, R side step

S4: Left Cross Toe Strut, Side Toe Strut, Cross Rock, Side Chasse (mirror Section 3)

S5: Twice Forward Cross Point, Forward Rock, ½ Right Turn Shuffle

1 - 4 R cross over L, L point to left side, L cross over R, R point to right side
5, 6 R fwd rock, recover on L
7&8 ½ right turn, shuffle step R – L – R [6.00]

S6: Toe Touches Out, In, Out, Together, Monterey ¼ Turn Right

1 - 4 L toe touch left side, next to R, left side, together beside R
5, 6 Point R to right side, turning ¼ right, step R together [9.00]
7, 8 Point L to left side, step L together

S7: Forward Toe Strut, Double Small Shuffle

1 - 4 R toe fwd, drop R heel, L toe fwd, drop L heel
5 - 8 Small fwd shuffle on R-L-R , L-R-L

S8: Forward Rock, ½ Right Turn, Step, Side Step Touch

1, 2 R fwd rock, recover on L
3, 4 Turning ½ right , step on R, L [3.00]
5, 8 R step to right, L touch beside R, L step to left, R touch beside L

ENDING: At 6.00, kick ball point, slant body to look at front wall with a stylish pose.

Happy Dancing....

Contact: maryfrances.ccrmmcc@gmail.com <http://maryfrancesbb88.wordpress.com/>

