

CZ12

拍数: 64 墙数: 2 级数: Intermediate
编舞者: Melvin Tan (MY) - March 2013
音乐: Quicken (妙手空空) - Jackie Chan (成龍), Emil Wakin Chau (周華健) & A-Yue Chang (張震嶽)



Dance starts 10x8s from beginning of music.

SEQUENCE : AABB A(2x8) AABB AABB BB

PART A (4x8)

Section A1 : Cha Cha Steps making a big full circle starting on RF

1&2 Turn ¼ R & Shuffle RLR (3:00)
3&4 Turn ¼ R & Shuffle LRL (6:00)
5&6 Repeat Steps 1&2 (9:00)
7&8 Repeat Steps 3&4 (12:00)

Section A2 : Point to R, then L & R again, Hold, Point to L, then R & L again, Hold

1&2& Touch RF to R side, Step RF beside LF, Touch LF to L side, Step LF beside RF
3,4& Touch RF to R side, Hold & Clap Hands Twice (Counting &4), Step RF beside LF
5&6& Touch LF to L side, Step LF beside RF, Touch RF to R side, Step RF beside LF
7,8 Touch LF to L side, Hold & Clap Hands Twice (Counting &8), (12:00)

(Restart : At Wall 5, Dance Part A 2x8 (12:00). Add "&" counting to the last 8s by stepping LF beside RF before restart.)

Section A3 : L Samba, R Samba, L Step, R Touch, R Step, L Hitch

1&2 Cross LF over RF, Rock RF diagonally back, Recover on LF
3&4 Cross RF over LF, Rock LF diagonally back, Recover RF
5,6 Step LF to L, Touch RF behind LF
7,8 Step RF to R, Hitch LF (12:00)

Section A4 : L Step Forward, ½ Pivot, Forward Shuffle, R Press Step, L Press Step

1,2 Step LF forward, Turn ½ R weight on RF (6:00)
3&4 Forward Shuffle L,R,L
5,6 Press ball of RF to R, Step RF beside LF
7,8 Press ball of LF to L, Step LF beside RF (6:00)

PART B (4x8)

Section B1 : Rolling Vine to R then L

1,2,3,4 Turn ¼ R & Step RF forward, Turn ½ R & Step LF back, Turn ¼ R & Step RF to side, Touch LF to L
5,6,7,8 Turn ¼ L & Step LF forward, Turn ½ L & Step RF back, Turn ¼ L & Step LF to side, Touch RF to R (12:00)

Section B2 : R Touch Forward & Side, R Sailor Step, L Touch Forward & Side, L Sailor Step

1,2 Touch RF forward, Touch RF to side
3&4 Step RF behind LF, Step LF together, Step RF to side
5,6 Touch LF forward, Touch LF to side
7&8 Step LF behind RF, Step RF together, Step LF to side (12:00)

Section B3 : R Touch, R Step, L Touch, L Step & Repeat

1,2 Touch RF beside LF, Step RF to side

3,4 Touch LF beside RF, Step LF to side
5,6 Repeat Steps 1,2
7,8 Repeat Steps 3,4 (12:00)

Section B4 : Turn ¼ L & Rock, Recover 3 sets , Turn ¼ L & Walk two steps

1,2 Turn ¼ L & Rock RF to side & turn body towards R, Recover on LF & turn body towards L
3,4 Repeat Steps 1,2 (9:00)
5,6 Repeat Steps 1,2
7,8 Turn ¼ L & Step RF forward, Step LF forward (6:00)

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