

Ai Bu Shi Jan Yo

COPPERKNOB
STEPSHEETS

拍數: 64 牆數: 2 級數: Beginner
編舞者: Sally Hung (TW) - September 2014
音樂: Ai Bu Shi Jan Yo by Yo Ya



Sequence of dance:

Wall 1 (12:00): S1-S8

Wall 2 (6:00) : S1-S4/Restart(12:00) S1-S4+Tag/Restart(6:00) S1-S8

Wall 3 (12:00): S1-S4/Restart(6:00) S1-S8

Wall 4 (12:00): S1-S4/Restart(6:00) S1-S3

Start to dance after 16 counts from the heavy drum beats

Tag (4 counts)

1,2,3,4 Touch R toes fwd, step R heel down, touch L toes fwd, step L heel down

S1. SIDE ROCK, RECOVER, CROSS CHASSE, SIDE ROCK, RECOVER, CROSS CHASSE

1,2,3&4 Rock R to R side, recover onto L, cross chasse on RLR

5,6,7&8 Rock L to L side, recover onto R, cross chasse on LRL

S2. ROCK BACK, RECOVER, ½ L SHUFFLE TURN, ROCK BACK, RECOVER, FWD SHUFFLE

1,2,3&4 Rock back on R, recover onto L, ½ L shuffle turn on RLR

5,6,7&8 Rock back on L, recover onto R, fwd shuffle on LRL

S3. SIDE ROCK, RECOVER, CROSS CHASSE, SIDE ROCK, RECOVER, CROSS CHASSE

1,2,3&4 Rock R to R side, recover onto L, cross chasse on RLR

5,6,7&8 Rock L to L side, recover onto R, cross chasse on LRL

S4. FWD TOUCH, BACK TOUCH, BACK TOUCH, FWD TOUCH

1,2,3,4 Step R fwd, touch L beside R, step back on L, touch R beside L

5,6,7,8 Step R back, touch L beside R, step L fwd, touch R beside L

S5. R & L FWD TOE STRUTS, MONTEREY ¼ TURN R

1,2,3,4 Touch R toes fwd, step R heel down, touch L toes fwd, step L heel down

5,6,7,8 Point R to R side, turn ¼ R step R together, point L to L side, step L together

S6. ROCKING CHAIR, ¼ TURN R JAZZ BOX

1,2,3,4 Rock R fwd, recover onto L, rock back on R, recover onto L

5,6,7,8 Cross R over L, ¼ turn R stepping L back, step R to R side, cross L over R

S7. R & L FWD TOE STRUTS, MONTEREY ¼ TURN R

1,2,3,4 Touch R toes fwd, step R heel down, touch L toes fwd, step L heel down

5,6,7,8 Point R to R side, turn ¼ R step R together, point L to L side, step L together

S8. ROCKING CHAIR, ¼ TURN R JAZZ BOX

1,2,3,4 Rock R fwd, recover onto L, rock back on R, recover onto L

5,6,7,8 Cross R over L, ¼ turn R stepping L back, step R to R side, cross L over R

Have Fun!!

Contact Sally Hung: hung1125@gmail.com