

Thi O O Bek Lo Ho

拍數: 56 牆數: 2 級數: Intermediate
編舞者: KH Loh (MY) - February 2015
音樂: Thi O O (天黑黑) - Teresa Teng (鄧麗君)



Intro: □16 counts - Start dancing on lyric□□□□`□□□
Sequence: □56, 48, 18, 56, 59□□□□□□□□

Sec 1: SKATING STEPS & SHUFFLES

1 2 Skate diagonally R, skate diagonally L
3 & 4 Shuffle diagonally R - RLR
5 6 Skate diagonally L, skate diagonally R
7 & 8 Skate diagonally L - LRL

Walls 1, 2, 4, 5 - Add 2 counts - Sway R, Sway L□□□□□□

Sec 2: Cuban Breaks L & R, 1/4 R, R Coaster Step, Fwd Shuffle

1 & 2 Cross R over L, Recover on L, Step R to R
3 & 4 Cross L over R, Recover on R, Step L to L
5 & 6 1/4 turn R (3:00), R Coaster Step, - RLR
7 & 8 Fwd Shuffle - LRL

For Wall 3 - Add 2 counts Tag here - Sway R, Sway L□□□□□□

Sec 3: Cross & Cross Shuffles, Rumba Box Fwd

1 & 2 & Cross R over L, Step L to L, Cross R over L, Step L to L
3 & 4 Cross R over L, Step L to L, Cross R over L
5 & 6 Step L to L, Step R next to L, Step L Fwd
7 & 8 Step R to R, Step L next to R, Step R Fwd

Sec 4: 1/4 turn R, Nightclub Left, Nightclub Right, Basic Nightclub Fwd, Sway RL

1 2 & 1/4 turn R (6:00), Step L to L with Big step L, Rock R behind L, Recover on L
3 4 & Step R to R with Big step, Rock L behind R, Recover on R
5 6 & Step Fwd L, Step Fwd R, Recover on L
7 8 Step R to R & Sway R, Sway L

Wall 1 & Wall 4 - dance 6 counts only (12& 34& 56&)□□□□□□□□□□□□□□

Wall 2 & 5 - Add 2 counts Tag (1 2 - Sway RL)□□□□□□□□

Sec 5: Shuffle R, Behind, Side, Cross, R Kick Ball Step x 2

1 & 2 Shuffle R - RLR
3 & 4 Step L Behind R, Step R to R, Cross L over R
5 & 6 Kick R Fwd, Step Back R, Step Fwd
7 8 - as above -

Wall 5 - 7 8 & HOLD for 1 count□□□□□□□□□□

Sec 6: Figure of Eight

1 2 Step R to R, Step L Behind R
3 4 Step 1/4 turn R Fwd, Step Fwd L
5 6 Pivot 1/2 turn R, 1/4 turn R Step L to L (weight on left)
7 8 Cross R Behind L, Step L to L

Sec 7: Step R Fwd, Recover, Shuffle Backward, Rock Back, Recover, Shuffle Fwd - LRL

1 2 Step R Fwd, Recover on L

- 3 & 4 Shuffle Backward - RLR
- 5 6 Rock Back L, Recover on R
- 7 & 8 Shuffle Fwd - LRL

Tag (18c) for Wall 3

Sec T1: 1/4 turn R, Recover, R Fwd Shuffle, Step Fwd, Recover, L Coaster Step

- 1 2 1/4 turn R, Step Back on R, Recover on L
- 3 & 4 Shuffle Fwd - RLR
- 5 6 Step Fwd L. Recover on R
- 7 & 8 L Coaster Step - LRL

Sec T2: Step 1/2 turn R, Triple Step, Step 1/2 turn L, Triple Step

- 1 2 Step Fwd R, Recover on L
- 3 & 4 Triple 1/2 turn R - RLR
- 5 6 Step Fwd L, Recover on R
- 7 & 8 Triple 1/2 turn L - LRL
- 9 10 Sway R, Sway L

Repeat

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