

My Motherland and I

COPPER KNOB
STEPSHEETS

拍數: 96 牆數: 2 級數: Improver
編舞者: Shen Hong Wei (CN) & Yu Guo Ying (CN) - April 2015
音樂: My Motherland and I by Yin Xiu Mei



Intro: 54 counts

[1-6]SWAY RIGHT, CROSS, 1/8 TURN, IN PLACE

1-3 Step R to right side, sway to right (2 counts)
4-6 Cross L over R, turn 1/8 right stepping R beside L, Step L in place 1:30

[7-12]BACK DRAG,3/4 TURN,1/2 TURN,TOGETHER

7-9 Step R back, drag L towards R(2 counts)
10-12 Turn 3/4 left stepping L forward, turn 1/2 left stepping R back, step L together R 12:00

[13-18] SWAY LEFT, CROSS, HOLD, 1/8 TURN

13-15 Step L to left side, sway to left (2 counts)
16-18 Cross R over L, hold, turn 1/8 left stepping L forward, 10 : 30

[19-24]ROCK, HOLD*2, RECOVER, HOLE*2

19-21 Step R forward, hold, hold
22-24 Recover L, hold, hold

[25-30]STEP & SWEEP, 1/8TURN & CROSS,1/2TURN, TOGETHER

25-27 Step R forward and sweep L from back to front (3 counts)
28-30 Turn 1/8 right and cross L over R, Turn 1/2 right stepping R forward, step L in place 6:00

[31-36]FORWARD, HOLD*2, WALK

31-33 Step R forward, hold, hold
34-36 Walk forward L , R , L

[37-42] STEP & SWEEP,CROSS,1/4 TURN, TOGETHER

37-39 Step R forward and sweep L from back to front (3 counts)
40-42 Cross L over R, turn 1/4 left stepping R back, step L in place 3:00

[43-48] ROCK, HOLD*2, RECOVER, HOLE*2

43-45 Step R forward, hold, hold
46-48 Recover L, hold, hold

※RESTART: You will Restart here on the 2nd ,3rd ,5th and tag 1. You will Restart here on the 6th and tag 2

[49-54] FORWARD, SWEEP*2, CROSS, SWEEP*2

49-51 Step R forward, sweep L from back to front (2 counts)
52-54 Cross L over R, sweep R from back to front (2 counts)

[55-60]CROSS, 1/4 TURN, TOGETHER, BACK, HOLD*2

55-57 Cross R over L, turn 1/4 right stepping L back, step R together L 6:00
58-60 Step L back, hold, hold

[61-66]FORWARD, SWEEP*2, CROSS, SIDE, BEHIND

61-63 Step R forward, sweep L from back to front (2 counts)
64-66 Cross L over R, step R to right side, step L behind R

[67-72] SWAY RIGHT, SWAY LEFT

67-69 Step R to right side, sway to right (2 counts)
70-72 Step L to left side, sway to left (2 counts)

[73-78]1/4 TURN, 1/2 TURN, 1/2 TURN, FORWARD, HOLD*2

73-75 Turn 1/4 right stepping R forward, turn 1/2 right stepping L back, turn 1/2 right stepping R forward 9:00
76-78 Step L forward, hold, hold

[79-84]BACK, HOLD*2, BACK, BACK, TOGETHER

79-81 Step R back, hold, hold
82-84 Walk back L, R, step L beside R

[85-90] BACK, BACK, TOGETHER,1/4 TURN, ROCK BACK

85-87 Walk back R, L, step R beside L
88-90 Turn 1/4 left stepping L to left side, rock back R, recover to L 6:00

[91-96] SWAY RIGHT, CROSS, FULL UNWIND

91-93 Step R to right side, sway to right (2 counts)
94-96 Cross L over R, unwind full turn to right (2 counts)

Tag 1: FORWARD,SWEEP*2,1/2 TURN RIGHT,CROSS,HOLD

1-3 Step R forward, Sweep L from back front(2 counts)
4-6 Turn 1/2 right, Cross L over R, Hold

Tag 2: FORWARD , POINT*2 , FORWARD , POINT*2 , STEP,3/4 SPIRAL TURN L

1-3 Step R forward, Point L to left side, Hold
4-6 Step L forward, Point R to right side, Hold
7-9 Step R forward, Spiral 3/4 turn L(2 counts weight on L)

※RESTARTS: -

#1. On the 2nd ,3rd ,5th wall add Tag 1 then Restart.

#2. On the 6th wall add Tag 2 then Restart.

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