

Shang Gai Shuai

拍數: 96 牆數: 4 級數: Phrased High Beginner
編舞者: Tina Chen Sue-Huei (TW) - August 2015
音樂: shang Gai shuai – Chen Lei



A:32C B:32C C:32C Tag:4C

Sequence of dance: CAATagB/ABCA/AATagBA/AATagBA/A

#3 Tags

Start dance on 16 Counts

Tag (4C)

1-4 Side step R, Touch L beside R, Side step L, Touch R beside L

Main Dance

Part A (32C)

AI. R Chasse Rock Recover, L Chasse Rock Recover

1&2 Right chasse on RLR
3-4 Back rock L, Recover on R
5&6 Left chasse on LRL
7-8 Back rock R, Recover on L

II. Heel Switches, ¼ Jazz Box Turn R

1-2& Fwd R heel touch twice, Together step R
3-4 Fwd L heel touch, Together step L
5-8 Cross R over L, ¼ Turn right back step L, Side step R, Fwd step L3.00

III. Diagonal Fwd R Kick & Kick, R Coaster Step, Diagonal Fwd L Kick & Kick, L Coaster Step

1-2 Fwd R kick diagonally left & right
3&4 Back step R, Together step L, Fwd step R
5-6 Fwd L kick diagonally right & left
7&8 Back step L, Together step R, Fwd step L

IV. Rocking Chair, Pivot ½ L Pivot ¼ L Side

1-4 Rock fwd R, Recover on L, Rock back R, Recover on L
5-6 Fwd step R, Pivot ½ turn left Fwd step L9.00
7-8 Fwd step R, Pivot ¼ turn left Side step L6.00

Part B (32C)

BI. Weave R, R Chasse, Rock Recover

1-4 Side step R, Step L behind R, Side step R, Cross L over R
5&6 R chasse on RLR
7-8 Back rock L, Recover on R

BII. ½ Turn R Triple Steps Rock recover, ½ Turn L Triple Steps Rock Recover

1&2 ½ Turn right triple steps on LRL6.00
3-4 Back rock R, Recover on L
5&6 ½ Turn left triple steps on RLR12.00
7-8 Back rock L, Recover on R

BIII. Weave L, L Chasse, Rock Recover

1-4 Side step L, Step R behind L, Side step L, Cross R over L
5&6 L chasse on LRL

7-8 Back rock R, Recover on L

BIV. ½ Turn L Triple Steps Rock recover, ½ Turn R Triple Steps Rock Recover

1&2 ½ Turn left triple steps on RLR6.00

3-4 Back rock L, Recover on R

5&6 ½ Turn right triple steps on LRL12.00

7-8 Back rock R, Recover on L

Part C (32C)

CI. Side Hold Together Hold, Side Together Side Together

1-2 Side step R, Hold count (2)

3-4 Together step L, Hold count (4)

5-8 Side step R Together step L, Side step R Together step L

CII. Walk Fwd RLRL, Swivel Heels RLRL

1-4 Walk fwd RLRL

5-8 Swivel heels RLRL

CIII. Side Hold Together Hold, Side Together Side Together

1-2 Side step L, Hold count (2)

3-4 Together step R, Hold count (4)

5-8 Side step L Together step R, Side step L Together step R

CIV. Walk Back RLRL, Swivel Heels RLRL

1-4 Walk back RLRL

5-8 Swivel heels RLRL

Happy Dancing!

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