Da Gou Xiong

拍數: 92

級數: Phrased Beginner

編舞者: BM Leong (MY) - September 2015

音樂: Da Gou Xiong by Li Xiao Jen

Sequence of dance: CAB/Tag/CAB/AB/ending

Start the dance after 4 counts of hard beats.

(A) 48 counts.

- A1: RIGHT SHOOP, TOUCH, JUMP-BOUNCE-BOUNCE X 2
- 1-2 Step R forward along right diagonal, step L together
- 3-4 Step R forward along right diagonal, touch L beside R
- 5&6 Jump L to left side touching R together & bending knees, bounce body up, bounce down.
- Jump R to right side touching L together & bending knees, bounce body up, bounce down. 7&8

A2: LEFT SHOOP, TOUCH, JUMP-BOUNCE-BOUNCE X 2

- 1-2 Step L forward along left diagonal, step R together
- 3-4 Step L forward along left diagonal, touch R beside L
- 5&6 Jump R to right side touching L together & bending knees, bounce body upwards, bounce down.
- 7&8 Jump L to left side touching R together & bending knees, bounce body upwards, bounce down.

A3: ROCKING CHAIR 1/4 TURN RIGHT X 2

- 1-2 Rock R forward, recover onto L
- 3-4 1/4 turn right stepping R back, recover onto L
- 5-6 Rock R forward, recover onto L
- 7-8 1/4 turn right stepping R back, recover onto L

A4: SIDE, TOGETHER, SIDE, TOUCH, HIP BUMPS

- 1-2 Step R to right side, step L together
- 3-4 Step R to right side, touch L beside R
- 5-8 Stepping L to left side, bump hips left/left/right/right

A5: SIDE, TOGETHER, SIDE, TOUCH, HIP BUMPS

- 1-2 Step L to left side, step R together
- 3-4 Step L to left side, touch R beside L
- 5-8 Stepping R to right side, bump hips right/right/left/left

A6: PADDLE 1/4 TURN LEFT X 2, RIGHT & LEFT DIAGONAL FORWARD CHA CHA

- 1-2 Step R forward, pivot 1/4 turn left
- 3-4 Step R forward, pivot 1/4 turn left
- 5&6 Cha cha forward along right diagonal on RLR
- 7&8 Cha cha forward along left diagonal on LRL

(B) 24 counts

B1: OUT, OUT, IN, IN, 1/4 TURN LEFT POINTING R TO RIGHT SIDE X 4

- 1-2 Step R out, step L out
- 3-4 Step R in, step L in
- 5-6 1/4 turn left pointing R to right side, 1/4 turn left pointing R to right side
- 7-8 1/4 turn left pointing R to right side, 1/4 turn left pointing R to right side

B2: RIGHT & LEFT TOE STRUTS, MONTEREY 1/2 TURN RIGHT





牆數: 1

- 1-2 Touch right toes forward, step right heel down
- 3-4 Touch left toes forward, step left heel down
- 5-6 Point R to right side, 1/2 turn right stepping R together
- 7-8 Point L to left side, step L together

B3: JAZZ BOX 1/4 TURN RIGHT X 2

- 1-2 Cross R over L, step L back
- 3-4 Step R to right side, step L together
- 5-6 Cross R over L, step L back
- 7-8 Step R to right side, step L together

(C) 16 counts

C1: RIGHT ROLLING VINE, SIDE, TOUCH, SIDE, TOUCH

- 1-4 Right rolling vine on RLR, touch L beside R
- 5-6 Step L to left side, cross-touch R behind L
- 7-8 Step R to right side, cross-touch L behind R

C2: LEFT ROLLING VINE, SIDE, TOUCH, SIDE, TOUCH

- 1-4 Left rolling vine on LRL, touch R beside L
- 5-6 Step R to right side, cross-touch L behind R
- 7-8 Step L to left side, cross-touch R behind L

TAG: at the end of first B

- 1-2 Step R forward, cross L over R
- 3-4 Step R back, step L to left side

Last Update - 3rd Oct 2015