

Hai Yu Lian

COPPER KNOB
STEPSHEETS

拍數: 96 牆數: 2 級數: Phrased Easy Intermediate
編舞者: Jennifer Jou (TW) - November 2015
音樂: Hai Yu Lian By Siao Jing Teng



Intro:16 counts - Sequence:A/B / B/B /A/B / B/B /B/Tag/B

Part A:32 counts

Sec A1: RUN FWD R L R L,ROCK R,ROCK L,ROCK R,ROCK L

1 2 3 4 Run fwd on R L R L
5 6 7 8 Step RF to R and rock to R,rock L,rock R,rock L

Sec A2:RIN BACK R L R L,ROCK R,ROCK L,ROCK R,ROCK L

1 2 3 4 Run back on R L R L
5 6 7 8 Step RF to R and rock to R,rock L,rock R,rock L

Sec A3:SIDE,TOG,SIDE,KICK,SIDE,TOG,SIDE,KICK

1 2 3 4 step RF to R ,step LF together,step RF to R,kick LF to L diagonal
5 6 7 8 Step LF to L,step RF together,step LF to L,kick RF to R diagonal

Sec A4:SIDE,KICK,SIDE.KICK,SWIVEL HEELS RLRL

1 2 3 4 Step RF to R,kick LF,step LF to L,kick RF
5 6 7 8 Swivel both heels R L R L (weight to L)

Part B: 64 counts

Sec B1: KICK,TOG,KICK,TOG

1 2 3 4 kick R forward,step RF beside L,kick LF fwd,step LF beside R
5 6 7 8 Repeat

Sec B2: TWIST TO THE R,TWIST TO THE L

1 2 3 4 Step RF to R with body twisting from central to the R (weight to R)
5 6 7 8 Twist body to the L (weight to L)

Sec B3: BACK ROCK,RECOVER,SIDE ROCK,RECOVER,1/4 TURN JAZZ BOX

1 2 3 4 Rock RF behind LF,recover onto LF,rock RF to R side,recover onto LF
5 6 7 8 Cross RF over LF,step LF back,1/4 turn R step RF to R,step LF next RF 3:00

Sec B4: ROCKING CHAIR,FWD,1/2 PIVOT,FWD,1/4 PIVOT

1 2 3 4 Rock RF fwd,recover on LF,rock RF back,recover on LF
5 6 7 8 Step RF fwd,1/2 turn left weight on LF,step RF fwd,1/4 turn right weight on LF 6:00

Sec B5: TOE,HEEL,TOE,HEEL,TWIST TRAVELLING RIGHT

1 2 3 4 Weight on LF swivel R toe in,R heel out,R toe in, R heel out
5 6 7 8 Twist Heels to R ,twist toes to R,twist heels to R.hitch LF

Sec B6: TOE,HEEL,TOE,HEEL,TWIST TRAVELLING LEFT

1 2 3 4 Weight on RF,swivel L toe in,L heel out,Ltoe in,L heel out
5 6 7 8 Twist heels to L, twist toes to L,twist heels to L,hitch RF

Sec B7: CROSS,TOUCH,CROSS,TOUCH,HIP R BUMP

1 2 3 4 Cross RF over LF,touch LF to L,cross Lf over RF,touch RF to R
5 6 7 8 Step RF to R and hip bump to R over 4 counts

Sec B8: BEHIND,TOUCH,BEHIND,TOUCH,HIP L BUMP

1 2 3 4 Cross LF behind RF,touch RF to R,cross RF behind LF,touch LF to L
5 6 7 8 Step LF to L side and hip bump to L over 4 counts

Tag: 24 counts

CROSS, TOUCH, CROSS, TOUCH, HIP R BUMP

1 2 3 4 Cross RF over LF, touch LF to L, cross Lf over RF, touch RF to R
5 6 7 8 Step RF to R and hip bump to R over 4 counts

BEHIND, TOUCH, BEHIND, TOUCH, HIP L BUMP

1 2 3 4 Cross LF behind RF, touch RF to R, cross RF behind LF, touch LF to L
5 6 7 8 Step LF to L side and hip bump to L over 4 counts

SIDE, KICK, SIDE, KICK, SWIVEL HEELS RLRL

1 2 3 4 Step RF to R, kick LF, step LF to L, kick RF
5 6 7 8 Swivel both heels R L R L (weight to L)

Have fun and enjoy.....

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