

Ni Dong Bu Dong

拍數: 64 牆數: 2 級數: Phrased Intermediate
編舞者: Tan Candy (SG) - July 2017
音樂: Ni Dong Bu Dong (你懂不懂) - Sian Chen (陳思安)



Sequence: AABA-B16B-AABA-Ending
Start after 40 counts

A (32 counts)

Section A1: □ Cross Toe Strut. Back Toe Strut. Side Hold. Tog. Side Touch. (12:00)

1234 Touch R across L. Drop R heel take weight. Touch L back. Drop L heel take weight.
56&78 Step R to R side. Hold. Step L beside R. Step R to R side. Touch L beside R.

Section A2: □ Side Toe Strut. Cross Toe Strut. ¼ Turn Fwd Hold. Tog. Fwd Touch. (9:00)

1234 Touch L to L side. Drop L heel take weight. Touch R across L. Drop R heel take weight.
56&78 Turn ¼L (9) & step L fwd. Hold. Step R beside L. Step L fwd. Touch R beside L.

Section A3: □ Cross Rock. R Chasse. Cross Rock. ¼ Turn Chasse. (6:00)

123&4 Cross rock R over L. Recover weight on L. Step R to R side. Step L beside R. Step R to R side.
567&8 Cross rock L over R. Recover weight on R. Step L to L side. Step R beside L. Turn ¼L (6) & step L fwd.

Section A4: □ Step Pivot ½ Turn x2. Sway RL. (6:00)

1234 Step R fwd. Pivot ½ turn L (12) taking weight on L. Step R fwd. Pivot ½ turn L (6) taking weight on L.
5678 Sway R over 2 counts. Sway L over 2 counts.

B (32 counts)

Section B1: □ ¼ Turn Fwd Rock. ¼ Turn Side Hold. Cross Rock. ¼ Turn Chasse. (9:00)

1234 Turn ¼L (9) & rock R fwd. Recover weight on L. Turn ¼R (12) & step R to R side. Hold.
567&8 Cross rock L over R. Recover weight on R. Step L to L side. Step R beside L. Turn ¼L (9) & step L fwd.

Section B2: □ Pivot ¼ Turn. Cross Hold. Rock ¼ Turn. Fwd Lock Step. (9:00)

1234 Step R fwd. Pivot ¼ turn L (6) taking weight on L. Cross R over L. Hold.
567&8 Rock L to L side. Turn ¼R (9) & recover weight on R. Step L fwd. Lock R behind L. Step L fwd.

RESTART: After B16 (9:00). Rock fwd on count 1 without making ¼ turn L.

Section B3: □ Walk x3 Turning ¼L. Diag Kick. Walk x3 Turning ¼R. Diag Kick. (6:00)

1234 Walk RLR making ¼ turn L (6). Kick L to L diag.
5678 Walk towards 3 o'clock LRL making ¼ turn R (6). Kick R to R diag.

Section B4: □ Back Lock Step x2. Back Rock Hold. Recover Flick. (6:00)

1&23&4 Step R back. Lock L in front of R. Step R back. Step L back. Lock R in front of L. Step L back.
5678 Rock R back. Hold. Recover weight on L. Flick R.

Ending (41 counts): Start facing 6 o'clock.

Section E1: □ Cross Toe Strut. 1/8 Turn Back Toe Strut. 1/8 Turn Sway R. Sway L. (9:00)

1234 Touch R across L. Drop R heel take weight. Turn 1/8R (7:30) & touch L back. Drop L heel take weight.
5678 Turn 1/8R (9) & sway R over 2 counts. Sway L over 2 counts.

Section E2:☐Repeat Section 1. (12:00)

Section E3:☐Cross Toe Strut. Back Toe Strut. Back Rock. Fwd Lock Step. (12:00)

1234 Touch R across L. Drop R heel take weight. Touch L back. Drop L heel take weight.
567&8 Rock R back. Recover weight on L. Step R fwd. Lock L behind R. Step R fwd.

Section E4:☐Fwd Rock. Back Lock Step. Side Rock. Cross Shuffle. (12:00)

123&4 Rock L fwd. Recover weight on R. Step L back. Lock R in front of L. Step L back.
567&8 Rock R to R side. Recover weight on L. Cross R over L. Step L to L side. Cross R over L.

Section E5:☐Side Rock. Cross Shuffle. Sway Hold x2. Pose. (12:00)

123&4 Rock L to L side. Recover weight on R. Cross L over R. Step R to R side. Cross L over R.
567&8 Sway R. Hold. Sway L. Hold. Take weight on R & pose.

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