

Shen Nong Gu

拍數: 56 牆數: 1 級數: High Beginner
編舞者: China Line Dance Sport Promotion Centre (CN) - July 2017
音樂: She Nong Gu by Xie Jia Qing (4:15)



Intro: 16 Counts from heavy beat (approx. 34 sec)

[1-8] 1/2 Rumba Box, 1/2 Rumba Box, Back, Sweep, Back, Sweep, Coaster Step

1&2 Step right to side, step left next to right, step right forward
3&4 Step left to side, step right next to left, step left forward
5&6& Step right back, sweep left from front to back, step left back, sweep right from front to back
7&8 Step right back, step left next to right, Step right forward

[9-16] 1/2 Rumba Box, 1/2 Rumba Box, Back, Sweep, Back, Sweep, Coaster Step

1&2 Step left to side, step right next to left, step left forward
3&4 Step right to side, step left next to right, step right forward
5&6& Step left back, sweep right from front to back, step right back, sweep left from front to back
7&8 Step left back, step right next to left, step left forward

[17-24] 1/8 Turn Shuffle, 1/4 Turn Flick, Shuffle, 1/8 Turn Scissors Step, Scissors Step

1&2& 1/8 Turn L stepping right forward, lock left behind right, step right forward (10:30) 1/4 turn R
 flicking left back (1:30)
3&4 Step left forward, lock right behind left, step left forward
5&6 1/8 Turn L stepping right to side, step left next to right, cross right over left (12:00)
7&8 Step left to side, step right next to left, cross left over right

[25-32] Cross Unwind Turn, Fwd (x3), Cross Unwind Turn, Fwd (x3)

1 2 Cross right over left, 1/2 turn L weight on right
3&4 Step left forward, step right forward, step left forward (6:00)
5 6 Cross right over left, 1/2 turn L weight on right
7&8 Step left forward, step right forward, step left forward (12:00)

[33-40] Weave Step, Side, Cross, Recover, Side, Weave Step, Side, Cross, Recover, Side

1&2& Cross right over left, step left to side, Cross right behind left, step left to side
3 4& Cross right over left, recover on left, step right to side
5&6& Cross left over right, step right to side, Cross left behind right, step right to side
7 8& Cross left over right, recover on right, step left to side

[41-48] Fwd, 1/2 Pivot Turn (x2), Cross, Recover, Side (Stomp), Cross, Recover, Side (Stomp)

1 2 Step right forward, 1/2 pivot turn L (6:00)
3 4 Step right forward, 1/2 pivot turn L (12:00)
5&6 Cross right over left, recover on left, step right to side and left foot off the ground
7&8 Cross left over right, recover on right, step left to side and right foot off the ground

**[49-56] 1/8 Turn Fwd, 1/8 Turn Fwd, 1/4 Turn shuffle , 1/8 Turn Fwd, 1/8 Turn Fwd, 1/4 Turn shuffle (x2)
(Do around circle)**

1 2 1/8 Turn L stepping right forward (10:30), 1/8 turn L stepping left forward (9:00)
3&4 1/4 Turn L stepping right forward, step left next to right, step right forward (6:00)
5 6 1/8 Turn L stepping left forward (4:30), 1/8 turn L stepping right forward (3:00)
7&8 1/4 Turn L stepping left forward, step right next to left, step left forward (12:00)

Tag; 32 Counts (After 32 counts on wall 2)

[1-8] Side, Touch, Side, Touch, Walk 1/2 Circle

1 2 3 4 Step right to side, touch left over right, step left to side, touch right over left
5 6 7 8 Step right forward, 1/4 turn R stepping left forward, 1/4 turn R stepping right forward, step left forward (6:00)

[9-16] Side, Touch, Side, Touch, Walk 1/2 Circle

1 2 3 4 Step right to side, touch left next to right, step left to side, touch right next to left
5 6 7 8 Step right forward, 1/4 turn R stepping left forward, 1/4 turn R stepping right forward, step left forward (12:00)

[17-24] Same to 1-8 of Tag

[25-32] Same to 9-16 of Tag

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