

Mei Lan Wo Hao Ai Ni

COPPER KNOB
BY SHEETS

拍數: 64 牆數: 4 級數: Phrased Improver
編舞者: Molly Yeoh (MY) - February 2018
音樂: Mei Lan Mei Lan Wo Ai Ni (梅蘭梅蘭我愛你) - Anna Lin (林淑容)



Intro: 32 count

Sequence: AAB, AB, AAB, AAB, AA16

PART A (Same as beginner Level published on Feb 13 2018)

Section A1: FORWARD ROCKING CHAIR, HIP BUMP, BACK ROCKING CHAIR, RIGHT TOUCH

1 2 3 4 Right forward rock recover on L, R back rock recover on L with a hip bump@4
5 6 7 8 Left rock back recover on R, L step fwd or slightly cross over R, R touch to R

Section A2: STEP TOUCH TWICE, BACK STEP ¼ LEFT TURN SHUFFLE FORWARD

1 2 3 4 R step down @ 1 hip roll point L fwd@2, L step beside R hip roll point R fwd
5 6 7&8 R step back, ¼ L turn, L step fwd, R shuffle fwd RLR

(or R step back, ¼ L turn, L closed beside R, R shuffle fwd)

For Ending: feel free to end as you turn and face the front 5 6 7&8!

Section A3: TRIPLE STEPS, LEFT ½ TURN, ½ TURN TWICE, TOUCH(POINT) HIP BUMP TWICE

1 2, 3 & 4 L fwd recover on R, ½ L turn with triple tiny steps LRL (face 3 o'clock)
5 6, 7 8 R fwd hip bump @5 and step down with ½ L turn@6, L ½ turn L step back hip bump @7 and step down@8

Section A4: FWD STEP DOWN, ½ TURN STEP TOUCH, JAZZ BOX

&1 2, & 3 4 R step fwd @ &, L touch beside R @ 1 hold 2, 1/2 L turn, L step fwd @&, R to point R @ 3 hold 4 (face 9'o 'clock)
5 6 7 8 R cross over L, L step back, R step beside L, L step fwd

PART B

Section B1: ½ RUMBA, BACK SHUFFLE, TWIST

1 2 3&4 R step to R, L step beside R, R shuffle backwards RLR
5 6 7 8 L step down to L side and twist both legs to the left LRLR

Section B2: ½ RUMBA, FORWARD SHUFFLE, TWIST

1 2 3&4, L step to L, R step beside L, L shuffle forward LRL
5 6 7 8 R step to R side and twist both legs to the right RLRL

Section B3: LOCK DIAGONAL STEPS UP, PIVOT DIAGONAL LOCK STEP, PIVOT TURN

1&2, 3 4 1/8 R diagonal locked steps fwd RLR @1&2(face 7.30), L fwd@3, pivot ½ turn on R@4 (face1.30)
5&6, 7 8 Locked steps diagonal fwd LRL , R fwd @7 , L ½ turn L step fwd @8(face1.30)

Section B4: SQUARE BACK TO 6 O'CLOCK, STEP ON RIGHT LEFT, SWAY 4 COUNTS

1 - 2 Square back your body to 6 o'clock, step R down@ 1 hold 2 (raise R hand for styling only)
3 - 4 Step down L beside R (bit apart) @ 3 hold 4 (raise L hand up for styling only)
5 6 7 8 Sway body and step R L R L @ 5 6 7 8 (both hands circular move down from both side, As the song goes, forever together)

NOTE: Hand styling and ending of the last 4 counts feel free with your own style so you can enjoy the dance!

Hope you enjoy this dance! Thank you very much!

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