

Sea Grass Dance

COPPER KNOB
STEPSHEETS

拍數: 96 牆數: 1 級數: Phrased Improver
編舞者: Tina Chen Sue-Huei (TW) - March 2018
音樂: Hai Cao Wu (海草舞) - Xiao Quan (蕭全)



Intro/Tag:32 A:32 B:32 C:32 Tag#2:4

Sequence:Intro/Tag-AABBCC-Tag#2-AA-Intro/Tag- BBCC-Tag#2-A A A(16)-Intro/Tag(28)

Start Dance After 16 Counts On Vocal

Tag#2: V-Step (Out, Out, In, In)

1-4 1-4 Step Out RF Diag R, Step Out LF Diag L, Back Step RF Into Centre, Tog Step LF

Intro/Tag (32 Counts)

Sec.i1. ¼ L Back, Back – ½ R Fwd, Tog – Heel Bounce 4X

1-2 ¼ L Turn Back Step RF, Back Step LF (9.00)

3-4 ½ R Turn Fwd Step RF, Tog Step LF (3.00)

5-8 Bouncing heels in place 4X (L Arm Moving From R To L, Refer To Video Demo)

Sec.i2.Back, Back – ½ L Fwd, Tog – Heel Bounce 4X

1-2 Back Step LF, Back Step RF

3-4 ½ L Turn Fwd Step LF, Tog Step RF (9.00)

5-8 Bouncing heels in place. (R Arm Moving From L To R, Refer To Video Demo)

Sec.i3. Mirror Steps Of Sec.2

1-2 Back Step RF, Back Step LF

3-4 ½ R Turn Fwd Step RF, Tog Step LF (3.00)

5-8 Bouncing heels in place 4X. (L Arm Swinging Up & Down, Refer To Video Demo)

Sec.i4. Back, Back, 1/2 L , Together, Bounce, Bounce, 1/4 R, Together

1-2 Back Step LF, Back Step RF

3-4 ½ L Turn Fwd Step LF, Tog Step RF (9.00)

5-6 Bouncing heels in place 2X (R Arm Swinging Up & Down, Refer To Video Demo)

7-8. Continue Arm movements, 1/4 R Side Stepping RF, Tog Step LF (12.00)

Main Dance.

Part A (32 Counts)

A1.Fwd Rock Recover – Back Shuffle – Back Rock Recover – Fwd Shuffle

1-2 Fwd Rock RF, Recover Weight On LF

3&4 Back Shuffle On RLR

5-6 Back Rock LF, Recover Weight On RF

7&8 Fwd Shuffle On LRL

A2.Weave L – Cross Rock Recover – R Chasse

1-4 Cross RF Over LF, Side Step LF, Step RF Behind LF, Side Step LF

5-6 Cross Rock RF Over LF, Recover Weight On LF

7&8 R Chasse On RLR

A3. (Cross Rock Recover Chasse) 2X

1-2 Cross Rock LF Over RF, Recover Weight On RF

3&4 L Chasse On LRL

5-6 Cross Rock RF Over LF, Recover Weight On LF

7&8 R Chasse On RLR

A4.Weave R – Fwd - Pivot ½ R – Fwd Shuffle

- 1-4 Cross LF Over RF, Side Step RF, Step LF Behind RF, Side Step RF
5-6 Fwd Step LF, Pivot ½ Turn R (Weight Onto RF)(6.00)
7&8 Fwd Shuffle On LRL (6:00)

Part B (32 Counts)**B1.Walk x3, Kick – Back X3, Touch**

- 1-4 Fwd Walk On RLR, Fwd Kick LF
5-8 Walk Back On LRL, Touch RF Beside LF

B2.V-Step – Jazz Box ¼ Turn R

- 1-4 Step Out RF Diag R, Step Out LF Diagonal L, Back Step RF Into Centre, Tog Step LF
5-8 Cross RF Over LF, ¼ R Turn Back Step LF, Side Step RF, Fwd Step LF. (3:00)

B3.(Diag Fwd, Touch) X4

- 1-4 Diag R Fwd Step RF, Touch LF Beside RF, Diag L Fwd Step LF, Touch RF Beside LF
5-8 Repeat B3. (1-4)

B4.Rocking Chair – Paddle ¾ L - Touch

- 1-4 Fwd Rock RF, Recover On LF, Back Rock RF, Recover On LF
5-8 ¼ L Turn Point R Toes To R Side (12:00) ¼ L Turn Point R Toes To R Side (9:00)), ¼ L Turn Point R Toes To R Side, Touch RF beside LF(6:00)

Part C (32 Counts)**C1.Touch out - in, Side, Drag – Jazz Box**

- 1-4 Touch R Toes To R Side, Touch R Toes Beside LF, Step RF To R Side, Drag LF towards RF
5-8 Cross LF Over RF, Back Step RF, Side Step LF, Fwd Step RF

C2. (Cross, Point)2X – Behind, Point - Behind , Touch

- 1-4 Cross LF Over RF, Point R Toes To R Side, Cross RF Over LF, Point L Toes To L Side
5-8 Cross LF Behind RF, Point R Toes To R Side, Cross RF Behind LF, Touch LF Beside RF

C3.A Mirror Steps Of C1.

- 1-4 Touch L Toes To L Side, Touch L Toes Beside RF, Step LF To L Side, Drag RF towards LF
5-8 Cross RF Over LF, Back Step LF, Side Step RF, Fwd Step LF

C4. (Cross, Point) 2X – Fwd ½ L – Fwd, Tog

- 1-4 Cross RF Over LF, Point L Toes To L Side, Cross LF Over RF, Point R Toes To R Side
5-6 Fwd Step RF, Pivot ½ Turn L (Weight Onto LF) (6.00)
7-8 Fwd Step RF, Tog Step LF

Happy Dancing!

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