

Qing Ge Li De Ni

拍數: 80 牆數: 2 級數: Phrased Beginner
編舞者: Amy Yang (TW) & Nina Chen (TW) - November 2018
音樂: Qing Ge Li De Ni (情歌裡的你) (DJ版) - Wang Feng (王峰)



Intro : 36 counts

Sequence: Intro dance/ A, A, B/ Tag B/ A, A, B/ b(17-48)/ B

Intro dance (Tag): 32 counts

I1: (R&L) TOE STRUT, FWD ROCK - RECOVER, FWD SHUFFLE 1/2 R

1&2, 3&4 Touch R toe fwd with hip bump - Drop RF heel to the floor, Touch L toe fwd with hip bump - Drop LF heel to the floor

5-6, 7&8 Rock RF fwd - Recover on LF, Fwd shuffle (R L R) 1/2 turn R (6:00)

I2: (L&R) TOE STRUT, FWD ROCK - COASTER STEP

1&2, 3&4 Touch L toe fwd with hip bump - Drop LF heel to the floor, Touch R toe fwd with hip bump - Drop RF heel to the floor

5-6, 7&8 Rock LF fwd - Recover on RF, Step LF back - Step RF beside LF - Step LF fwd

I3: (R&L) TOE STRUT, FWD ROCK - RECOVER, FWD SHUFFLE 1/2 R

1&2, 3&4 Touch R toe fwd with hip bump - Drop RF heel to the floor, Touch L toe fwd with hip bump - Drop LF heel to the floor

5-6, 7&8 Rock RF fwd - Recover on LF, Fwd shuffle (R L R) 1/2 turn R (12:00)

I4: (L&R) TOE STRUT, FWD ROCK - COASTER STEP

1&2, 3&4 Touch L toe fwd (with hip bump) - Drop LF heel to the floor, Touch R toe fwd (with hip bump) - Drop RF heel to the floor

5-6, 7&8 Rock LF fwd - Recover on RF, Step LF back - Step RF beside LF - Step LF fwd

Part A: 32 counts

A1: GRAPEVINE, SIDE ROCK - RECOVER, CROSS SHUFFLE

1-4 Step RF to R - Cross LF behind RF - Step RF to R - Cross LF over RF

5-6, 7&8 Rock RF to R - Recover on LF, Cross shuffle (R L R)

A2: GRAPEVINE, SIDE ROCK - RECOVER, CROSS SHUFFLE

1-4 Step LF to L - Cross RF behind LF - Step LF to L - Cross RF over LF

5-6, 7&8 Rock LF to L - Recover on RF, Cross shuffle (L R L)

A3: HALF RUMBA BOX, FWD SHUFFLE, HALF RUMBA BOX, BACK SHUFFLE

1-2, 3&4 Step RF to R - Step LF beside RF, Fwd shuffle (R L R)

5-6, 7&8 Step LF to L - Step RF beside LF, Back shuffle (L R L)

A4: BACK ROCK - RECOVER, BACK SHUFFLE 1/2 L, BACK ROCK - RECOVER, FWD SHUFFLE

1-2, 3&4 Rock RF back - Recover on LF, Back shuffle (R L R) 1/2 turn L (6:00)

5-6, 7&8 Rock LF back - Recover on RF, Fwd shuffle (L R L)

Part B: 48 counts

B1: POINT - TOUCH - SIDE - DRAW, SWAY - HITCH

1-4 Point RF to R - Touch RF beside LF - Step RF to R - Draw LF beside RF

5-8 Step LF fwd sway hips (L R L) - Hitch LF

B2: BACK ROCK - RECOVER, CHASSE, ROCK BACK - RECOVER, KICK BALL CHANGE

1-2, 3&4 Rock LF back - Recover on RF, Step LF to L - Step RF beside LF - Step LF to L

5-6, 7&8 Rock RF back - Recover on LF, Kick RF fwd - Step RF beside LF - Step LF in place

B3: FWD ROCK - RECOVER, BACK SHUFFLE, BACK ROCK - RECOVER, FWD SHUFFLE

1-2, 3&4 Rock RF fwd - Recover on LF, Back shuffle (R L R)

5-6, 7&8 Rock LF back - Recover on RF, Fwd shuffle (L R L)

B4: SIDE ROCK - RECOVER, BEHIND - SIDE - CROSS. (x2)

1-2,3&4 Rock RF to R - Recover on LF, Step RF behind LF - Step LF to L - Cross RF over LF

5-6,7&8 Rock LF to L - Recover on RF, Step LF behind RF - Step RF to R - Cross LF over RF

B5: 1/4 R FWD SHUFFLE, 1/2 L FWD SHUFFLE, 1/4 R FWD SHUFFLE, 1/2 L FWD SHUFFLE

1&2, 3&4 1/4 turn R (3:00) fwd shuffle (R L R), 1/2 turn L (9:00) fwd shuffle (L R L)

5&6, 7&8 1/4 turn R (12:00) fwd shuffle (R L R), 1/2 turn L (6:00) fwd shuffle (L R L)

B6: FWD - 1/4 PIVOT L - FWD - 1/4 PIVOT L, JAZZ BOX

1-4 Step RF fwd - Pivot 1/4 turn L (3:00) weight on LF - Step RF fwd - Pivot 1/4 turn L (12:00)
weight on LF

5-8 Cross RF over LF - Step LF back - Step RF to R - Cross LF over RF

Have Fun & Happy Dancing!!!

Contacts :-

Amy Yang:yang43999@gmail.com

Nina Chen : nina.teach.dance@gmail.com
