

Lai Sen Yen

拍數: 32 牆數: 4
編舞者: Lily Kho (INA) - February 2019
音樂: Lai Sen Yen by Andy Lau

級數: Easy Intermediate



Intro : Start on vocal

S1: Full turn forward, rock recover back, sweep, cross over right, cross over left

12&3 R fwd turn 1/2 right back, turn 1/2 right fwd on L
4&5 R fwd turn 1/2 left, turn 1/2 left
6&7 Sweep, L behind R, step right side, cross left over right
8& Recover on R, step L to side

Note: Restart after sec 1 on wall 3 & 5

S2 : Turn 1/4 to right, twice, back recover, weave to right, R back, coaster step

12&3 Cross R over L, recover on L, turn 1/4 right, turn 1/4 right
4&5&6&7 Cross R behind L recover on left, right side, cross L behind R, right side, cross left over R,
turn 1/4 left step R back
8&1 Step L back, step R beside L, Left forward

S3 : Mambo step on RF, sweep, cross rock recover to right and left, making RF turn 1/4 to right

2&3 Step R fwd recover on L, step R back
4&5 Sweep on LF, RF side right, cross R
6&7 Recover on RF, side L, cross R over L
8& Recover on LF, making step R turn 1/4 to right

S4 : Making LF 1/4 turn right, basic NC, turn 1/4 left, full turn to left and 1/4 turn to left, LF forward

12&3 Making LF turn 1/4 to right, cross R behind L recover on L, big step on R to right side
4&5 Cross L behind R, recover on R, turn 1/4 left fwd
6&7 Making RF turn 1/2 left, turn 1/2 left, turn 1/4 left
8. L forward

Happy dancing and enjoy it

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