

Dang Ni Lao Le

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Mayee Lee (MY) - May 2019
音樂: Dang Ni Lao Le (当你老了) - Karen Mok (莫文蔚)



Intro: Start after 16 counts or start at 0.15 seconds

Section 1 : R Night Club Step, L Side, Behind Side Cross With Sweep, L Cross & Cross, Jazz Box ½ Turn L

1 2&3 Step R to R(1), rock L behind R(2), recover on R(&), step L to L(3)
4&5 6&7 step R behind L(4), step L to L(&), cross R over L & sweep L from back to front(5), cross L over R(6), step R to R(&), cross L over R(7)
8&1 ¼ turn L step R back(8)(9.00), ¼ turn L step L to L(&)(6.00), cross R over L(1) 6.00

Section 2 : Recover L, R Side, Cross L, R Scissor Step, Reverse Rolling Vine, Cross L. ¼ Turn L, L Back

2&3 4&5 Recover on L(2), step R to R(&), cross L over R(3), step R to R(4), step L beside R(&), cross R over L(5)
6&7& ¼ turn R step L back(6)(9.00), ½ turn R step R forward(&)(3.00), step L forward(7), ¼ turn R recover on R(&)(6.00)
8&1 Cross L over R(8), ¼ turn L step R back(&)(3.00), step L back(1) 3.00

Section3: ¼ Turn R Sway R & L, ¼ Turn L, L Back, R Back, L Coaster Step, Samba Pivot Turn L x2

2 – 3 ¼ turn R sway to R(2)(6.00), sway to L(3)
4&5 6&7 ¼ turn L step R back(4)(3.00), step L back(&), step R back(5), step L back(6), step R beside L(&), step L forward(7)(3.00)
&8&1 Step R forward on ball(&), ½ turn L step L forward(8)(9.00), step R forward on ball(&), ½ turn L step L forward(1)(3.00)

Section 4: R Forward, Mambo ½ Turn L, Spiral Full Turn L, L Forward, R Forward, Pivot ½ Turn L, Run Forward R L

2 3&4 Step R forward(2), step L forward(3), recover on R(&), ½ turn L step L forward(4)(9.00)
5 - 6 Step R forward & spiral full turn L (weight transfer to R)(5)(9.00), step L forward(6)
7&8& Step R forward(7), pivot ½ turn L step on L(&)(3.00), run R forward(8), run L forward(&) 3.00

Restart : During wall 4 (9.00), dance 11 counts, ¼ turn L sweep R to L & restart facing 12.00

Ending : Wall 7 (6.00), dance 9 counts

Contact : mayeeleeyy@gmail.com