Forever Flows (细水长流)



拍數: 32

牆數:1

級數: Beginner

編舞者: Katherine Lee (SG) - May 2020

音樂: Xi Shui Chang Liu (細水長流) (feat. Liu Tui Zheng [劉瑞政] & Wang Bang Ji [王邦 吉]) - Liang Wern-Fook (梁文福)

* For our stay home friends with space constraint at home.*

No Tag No Restarts \Box 1 or 4 wall dances.

Starts with our Right Foot.

S1: Side rock, behind, side, cross

123&4RF side rock, LF recover, RF cross behind LF, LF side, RF cross567&8LF side rock, RF recover, LF cross behind RF, RF side, LF cross

S2: Rock forward, ½ Right turn shuffle, Rock forward, ½ Left turn shuffle

123&4 RF rock forward, LF recover, RF side ¼ R-turn(3:00), LF close, RF forward ¼ R-turn(6:00)

567&8 LF rock forward, RF recover, LF side ¼ L-turn(3:00), RF close, LF forward ¼ L-turn(12:00)

S3: Rumba box, walk back, coaster step

- 1&23&4 RF side, LF together, RF forward, LF side, RF together, LF back,
- 567&8 Walk back (R, L), RF step back, LF close, RF step forward.

S4: Cross, point, Cross, point, Jazzbox with touch.

1234 LF cross, RF point to the side, RF cross, LF point to the side,

5678 LF cross, RF back, LF side, RF touch next to LF.

Option for 4 wall dance: on count 5678, make 1/4 Left turn Jazzbox with touch.

Keep Active! Keep Dancing! HappyfitLDG2020@hotmail.com

Last Update - 22 July 2020

