

拍數: 32      牆數: 2      級數: Intermediate  
編舞者: Heru Tian (INA) - April 2020  
音樂: Wu (悟) - Andy Lau (劉德華) : (Album: Shaolin OST)



Intro : 32 Counts

**Section 1 : Walk – Fwd- Recover – Back With Sweep- Behind Side Cross- Recover- Side- Fwd With Sweep- Cross- ¼ Turn R Back**

1            Walk (Rf)  
2 & 3        Fwd (Lf), Recover, Back (Lf) With Sweep  
4 & 5        Behind (Rf), Side (Lf), Cross (Rf)  
6 & 7        Recover (Lf), Side (Rf), Fwd (Lf) With Sweep  
8 &         Cross (Rf), ¼ Turn R Back (Lf) Facing 3.00

**Section 2: Rock Back Step- Full Turn L- Sweep- Cross- Side- Back With Sweep- Behind Side Cross- Side Point**

1            Back (Rf)  
2 & 3        Recover (Lf), ½ Turn L Back (Rf), ½ Turn L Fwd (Lf) With Sweep  
4 & 5        Cross (Rf), Side (Lf), Back (Rf) With Sweep  
6 & 7        Behind (Lf), Side (Rf), Cross (Lf)  
8            Side Point (Rf)

**Section 3 : Fwd With Sweep- Cross Side Behind- Recover- Side- Behind- Recover- ¼ Turn L Back- ½ Turn L Fwd With Sweep- Cross- Behind**

1            Fwd (Rf) With Sweep  
2 & 3        Cross (Lf), Side (Rf), Behind (Lf)  
4 & 5        Recover (Rf), Side (Lf), Back (Rf)  
6 & 7        Recover (Lf), ¼ Turn L Back (Rf), ½ Turn L Fwd (Lf) With Sweep Facing 6.00  
8 &         Cross (Rf), Behind (Lf)

**Section 4 : Basic Night Club Right & Left – Fwd- Pivot ½ Turn R- ½ Turn R Back With Sweep- Back- Together**

1            Big Step (Rf)  
2 &         Back (Lf), Recover (Rf)  
3            Big Step (Lf)  
4 &         Back (Rf), Recover (Lf)  
5            Fwd (Rf)  
6 & 7        Fwd (Lf), ½ Turn R Recover (Rf), 1/2 Turn R Back (Lf) With Sweep  
8 &         Back (Rf), Together (Lf)

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