

A Spray of Plum Blossoms 2.0 (一剪梅)

拍數: 64 牆數: 1 級數: Intermediate
編舞者: Betty Dance (HK) - September 2020
音樂: Yi Jian Mei (一剪梅) (DJ版) - Wang Xin Ya (王心雅)



Intro : 32 counts

R & L FORWARD CROSS ROCK, SIDE SHUFFLE

1-2-3&4 Rock R forward cross, recover to L, chasse side R, L, R
5-6-7&8 Rock L forward cross, recover to R, chasse side L, R, L

R & L BACK CROSS ROCK, SIDE SHUFFLE

1-2-3&4 Rock R back cross, recover to L, chasse side R, L, R
5-6-7&8 Rock L back cross, recover to R, chasse side L, R, L

STEP FORWARD R, POINT SIDE L, STEP FORWARD L, POINT SIDE R, STEP TOGETHER R, TWIST L, TWIST R, TWIST L

1-2-3-4 R step forward, L point side, L step forward, R point side
5-6-7-8 R step next to L, swivel both heels to left, swivel both heels to right, swivel both heels to centre

STEP BACK R, POINT SIDE L, STEP BACK L, POINT SIDE R, STEP TOGETHER R, TWIST L, TWIST R, TWIST L

1-2-3-4 R step back, L point side, L step back, R point side
5-6-7-8 R step next to L, swivel both heels to left, swivel both heels to right, swivel both heels to centre

SIDE, TOGETHER, SIDE, TOUCH, SIDE, TOGETHER, SIDE, TOUCH

1-2-3-4 Step R to R side, Step L next to R, Step R to R side, touch L next to R
5-6-7-8 Step L to L side, Step R next to L, Step L to L side, touch R next to L

(R HEEL FORWARD, R STEP BACK, L HEEL FORWARD, L HEEL BACK) x 2

1-2-3-4 R heel forward, R step back, L heel forward, L step back next to R
5-6-7-8 R heel forward, R step back, L heel forward, L step back next to R

R TOE, HEEL, CROSS SHUFFLE, L TOE, HEEL, CROSS SHUFFLE

1-2-3&4 R toe next to L, R heel to side, R cross chasse to L
5-6-7&8 L toe next to R, L heel to side, L cross chasse to R

(¼ PADDLE TURN TO LEFT) x4

1-2 R point forward, weight on L using ball change with ¼ turn to L
3-4-5-6-7-8 Repeat 1-2 three times and back to 12:00

Start all over again!

Be happy & Enjoy Dancing with Betty Dance!
