

Grain In Ear (Mang Zhong)

COPPER KNOB
BY STEPHEN HETS

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Blooring Leo (INA), Kelly (INA), Phia Gho (INA) & Fie Fie Phan (INA) - July 2021
音樂: Mang Zhong (芒種) - Listening to Yinque's Poems (音闕詩聽) & Zhao Fang Jing (趙方婧)



Intro : 20 count

Sequences : Tag1 - A - B - A - A* - Tag2 - A - B - Tag2 - A - A - A - A*

(A* = Short Wall 16 Count)

TAG 1 (32 count) :

S1: Touch Rf to Side, Touch on ball, Back, Together, Bend Knee, Swing Counterclockwise

1234 Touch RF to R, Touch Rf beside Lf, Step RF back, Step Lf beside RF

5678 Bend both knees, Swing knees to left then counterclockwise to right, Bend both knees, Swing knees to left then counterclockwise to right

S2: Side L, Touch diagonally L, Step R, Kick, Small Run ½ Turn R

1234 Step Lf to L, Touch Rf across Lf (body facing 10.30), Step Rf to R (12.00), Kick Lf frwd

56 Step Lf frwd, Turn ¼ R Step Rf frwd (03.00)

7&8 Small Run L, R, L to ¼ R (06.00)

S3:, S4: Repeat S1 & S2 (12.00)

TAG 2 (4 count)

1234 Touch Rf to R, Touch Rf beside Lf, Touch Rf to R, Touch Rf beside Lf (For count 3,4 swing R Arm make a full circle clockwise)

PART A (32 Count)

S1: Rock Side, Recover, Weave, Touch L, ¼ L Hitch, Coaster Step

123&4 Step Rf to R, Recover Lf, Step Rf behind Lf, Step Lf to L, Step Rf Across Lf

567&8 Touch Lf to L, ¼ L Hitch Lf, Step Lf Back, Step Rf beside Lf, Step Lf frwd (09.00)

S2: Walk ¾ R, Rocking Chair, Hook

123&4 Turn ¼ R Step Rf frwd, Turn ¼ R Step Lf frwd, Triple Step small run RLR Turn ¼ R (06.00)

5678 Step Lf frwd, Recover Rf, Step Lf back, Hook Rf (A* end here)

S3: Side, Behind, Side, Touch On Ball, Touch L, L Full Turn Rolling Vine, ¼ L Touch Bend Knees

123&4 Step Rf to R, Step Lf behind Rf, Step Rf to R, Touch Lf beside Rf, Touch Lf to L

5678 Turn ¼ L Step Lf frwd, Turn ½ L Step Rf back, Turn ¼ L Step Lf to L, Turn ¼ Touch Rf beside Lf bend both knees head look down (03.00)

S4: ¼ R Straighten and Walk, Touch, Walk, Touch, Jazz Box

1234 Turn ¼ R Straighten body Step Rf frwd, Touch Lf to L, step Lf frwd, Touch Rf to R (06.00)

5678 Cross Rf across Lf, Step back LF, Step Rf to R, Step Lf frwd

PART B (32 Count)

S1: Forward, Touch Side, Forward, Touch Side

1234 Step Rf Frwd, Touch LF to L, Hold for 2 count

5678 Step Lf Frwd, Touch Rf to R, Hold for 2 count

S2: Step Back, ½ L Step Forward, Together, Hold, Tilt Head Counterclockwise

1234 Step Rf back, Turn ½ L Step Lf frwd, Step Rf beside Lf, Hold (12.00)

5678 Tilt head to L, tilt to left back, tilt to right back, tilt to R

S3: Forward, Touch Side, Forward, Touch Side

1234 Step Rf Frwd, Touch LF to L, Hold for 2 count

5678 Step Lf Frwd, Touch Rf to R, Hold for 2 count

S4: Step Back, Together, Roll R shoulder, Pop Chest, Rock back, Together,

123&4 Step Rf back, Step Lf beside Rf, Roll R shoulder up, Pull both shoulder back, Pull Both shoulder forward

5678 Step Lf back bend both knees while head looking back, Look fwrdr Recover Rf and Step Lf beside Rf, Bend both knees sway to left, Recover weight to center

ENJOY!

For full arm movement, please watch our tutorial video.

This choreography also inspired by Transcend Dance Cover.

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