Love Song 1990

拍數: 64

級數: Easy Intermediate

編舞者: Betty Dance (HK) - July 2021

音樂: A Lang Lien Qu (阿郎戀曲) - Sam Hui (許冠傑)

Intro: 32 (8x4) counts Start on vocal

Section 1: (SIDE, TOGETHER, SIDE, POINT) X 2

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

Section 2: HEEL, STEP, HEEL, STEP, CROSS, CROSS, BACK STEP, BACK STEP

- 1-2-3-4 Heel R diagonally to L side, step R in place, heel L diagonally to R side, step L in place
- 5-6-7-8 Cross R over L, cross L over R, back step R, back step L

Section 3: (FORWARD CROSS ROCK, SIDE SHUFFLE) x 2

- 1 2 3 & 4Rock 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

Section 4: (KICK BALL CHANGE)x2, (1/8 PADDLE TURN TO LEFT) x2

- (Kick R forward & cross, R with ball without weight back on floor, replace weight to L)x2 1&2-3&4
- 5-6-7-8 (R point forward, weight on L using ball change with 1/8 turn to L)x2 (9:00)

REPEAT 1-4 for VERSE

Section 5: (FORWARD SHUFFLE) x 2, STEP x4

- 1&2-3&4 Chasse forward R, chasse forward L
- 5-6-7-8 Step R, L, R, L

Section 6: (BACK SHUFFLE) x2 , STEP 4 COUNTS

- Back chasse R, back chasse L 1&2-3&4
- 5-6-7-8 Step R, L, R, L

Section 7: (SIDE, RECOVER, SIDE SHUFFLE) x 2

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

Section 8: DRAG STEP, HOLD 3 COUNTS, DRAG STEP WITH ¼ L TURN (9:00), HOLD 3 COUNTS

- 1-2-3-4 Drag Step R to R side, hold 3 counts
- 5-6-7-8 Drag Step L with 1/4 L turn (9:00), hold 3 counts

REPEAT 5-8 for CHORUS

Dance sequence

Section 1-4 (Verse) for Wall 1 - 4 Section 5-8 (Chorus) for Wall 5 - 6 Section 1-4 (Verse) for Wall 7 - 11 Section 5-8 (Chorus) for Wall 12 - 13 Section 1-4 (Verse) for Wall 14 - end

Please watch my demo & walk through video for practice!





牆數: 4

Hand styling and foot movements are included to enhance body coordination and mental wellness

Let's be happy & dance in the sun!

Enjoy dancing with Betty

END