

Shan Chuan

拍數: 32 牆數: 4 級數: Low Intermediate
編舞者: Regina Cheung (CAN) & Ping Chen (CN) - September 2021
音樂: Mountain (山川) - Li Rong Hao (李榮浩)



Intro : 32 Counts

Sec 1. Step Sweep, Cross Back Back, Back Shuffle, Coaster Step, Step 1/4 Left

1 Step R forward, Sweep left from back to front
2&3 Cross left over right, Right back diagonal, Left back diagonal (slightly right 1:30)
4&5 Right step back, Left lock over right, Right step back
6&7 Left step back, Right step beside left, Left step forward (square up)
8& Right step forward, Pivot turn 1/4 Left ** Restart (9:00)

Sec. 2. Cross Rock Recover X 2, Forward 1/2 Left, Forward Shuffle

12& Right cross rock forward, Recover on left, Right step next to left
34& Left cross rock forward, Recover on right, Left step next to right
5 6 Right step forward, pivot 1/2 turn left
7&8 Right step forward, Left lock behind, Right step forward

(Option : Triple full turn left travelling forward)

* Restart (3:00)

Sec. 3. Forward Rock Recover 1/4 Right, Extended Weave, Diamond 1/2 Right

1&2& Left rock forward, Recover 1/4 right, Left cross over right, Right step to right
3&4 Left step behind right, Right step to right, Left cross over right (7:30)
5&6 Right step forward, Left side 1/8 right, Right back 1/8 right
7&8 Left step back, Right side 1/8 right, Left step forward 1/8 right (1:30)

Sec.4. Side Rock Cross, Side Rock Cross 1/8 Right, Pivot 1/2 Left, Run R L R L

(Option : Triple Full Turn Forward, Step Forward)

1&2 Right rock on side, Recover on left, Cross right over left
3&4 Left rock on side, Recover on 1/8 right, Cross left over right (3:00)
5 6 Step right forward, Pivot 1/2 left
7&8& Run Forward R, L, R, L (9:00)

(Option : Triple full turn left travelling forward, Step Forward)

REPEAT

RESTART

* Wall 4 (starts facing 3:00), Count 16 + Step left forward (&) (Restart @ 6:00)

** Wall 8 (starts facing 9:00), Count 8& (Restart @ 6:00)

ENDING :

Wall 11, dance up to Count 24 (12:00)

Contact :

Regina Cheung - reginacheung@rogers.com

Ping Chen - chenping660803@outlook.com