

# Ge Sang La

拍數: 32      牆數: 4      級數: Improver  
編舞者: Diana Liang (CN) - May 2022  
音樂: Ge Sang La 格桑拉 - Chinese Orchestra



## No Tag/Restart, Intro 4

Ge Sang La in Tibetan language means: "the Flower of Happiness".

Therefore, with this dance, I wish all line dancers happy and healthy, no matter where you are.

### S1: Syncopated Vine, Cross, Rock Side Recover, Cross Volta x3, Cross

1-2&      step Rf to R side, step Lf behind Rf, step Rf to R side  
3-4&      cross Lf over Rf, rock Rf to R side, recover to Lf  
5&      cross Rf over Lf, step Lf to L side  
6&      = 5&  
7&      = 5&  
8      cross Rf over Lf

### S2: Syncopated Vine, Cross, Rock Side Recover, Cross Volta x3, Cross

1-2&      step Lf to L side, step Rf behind Lf, step Lf to L side  
3-4&      cross Rf over Lf, rock Lf to L side, recover to Rf  
5&      cross Lf over Rf, step Rf to R side  
6&      = 5&  
7&      = 5&  
8      cross Lf over Rf

### S3: Anchor, Coaster, 1/8L Side Hitch RL x 2

1&2      rock Rf in place, recover to Lf, rock Rf in place  
3&4      step Lf back, step Rf next to Lf, step Lf forward  
5-6      step Rf to R side with a 1/8 turn to L hitching Lf, 10:30H, step Lf to L side with a 1/8 turn to L hitching Rf, 9H  
7-8      step Rf to R side with a 1/8 turn to L hitching Lf, 7:30H, step Lf to L side with a 1/8 turn to L hitching Rf, 6H

### S4: (Cross, Side, Kick, Together) RL, Jazzbox 3/8R

1&      cross Rf over Lf, step Lf to L side  
2&      turn 1/8 to R kicking Rf forward, 7:30, step Rf next to Lf  
3&      cross Lf over Rf, turn 1/8 to L stepping Rf to R side, 6H  
4&      turn 1/8 to L kicking Lf forward, 4:30H, step Lf next to Rf  
5-6      turn 1/8 to R crossing Rf over Lf, 6H, turn 1/4 to R stepping Lf back, 9H  
7-8      step Rf to R side, step Lf forward slightly crossed Lf over Rf

### Ends Here, during W10 with step changes to 5-8 as the following:

5-6      step Rf forward hitching Lf, 1:30H, step Lf to L side with a 1/8 turn to L hitching Rf, 12H  
7-8      step Rf to R side hitching Lf, step Lf to L side hitching Rf

Thanks and happy dancing!  
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