

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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