

# Easy Ben Cao Gang Mu

COPPER KNOB  
STEPSHEETS

拍數: 32      牆數: 4      級數: High Beginner  
編舞者: Penny Tan (MY) - May 2022  
音樂: Ben Cao Gang Mu (本草綱目) - Jay Chou (周杰倫)



Intro : 16 Counts

\*\*2 Tags / 1 Restart

\*Tag 1 (4& Count): At the end of W4 , add tag facing 12:00

\*\* Tag 2 (8C): On W7 , dance up to 16C , add tag , then restart the dance(facing 6:00)

## TAG1 (4& Count):SIDE, TOUCH (R-L-R-L)

1&2&      Step RF to R, touch LF next to RF, step LF to L, touch RF next to LF

3&4&      Step RF to R, touch LF next to RF, step LF to L, touch RF next to LF

## TAG2 (8C): STEP WITH HIP BUMP ,HOLD (R-L-R) ,BUMPS (LRL)

1-4      Step RF to R with hip bump , hold, hip bump to L , hold

5-6      Hip bump to R, hold

7&8      Hip bumps LRL (weight on L)

## SEC1:OUT ,IN (4X),SIDE , TOUCH(R-L,R-L)

1&2&      Point RF out, touch RF next to LF , Point RF out, touch RF next to LF

3&4&      Point RF out, touch RF next to LF , Point RF out, touch RF next to LF

5&6&      Step RF to R, touch LF next to RF, step LF to L, touch RF next to LF

7&8&      Step RF to R, touch LF next to RF, step LF to L, touch RF next to LF

## SEC2:WALK FWD (R-L),MAMBO STEP ,WALK BACK (L-R), COASTER STEP

1-2      Walk fwd R , walk fwd L .

3&4      Rock R fwd, recover weight on L, step R back.

5-6      Walk back on L, walk back on R.

7&8      Step L back. Step R beside L, tep fwd on L.

## SEC3:KICK BALL TOUCH(R-L),SAILOR STEP(R-L)

1&2      Kick RF fwd, step RF back next to LF, touch LF to L side

3&4      Kick LF fwd, step LF back next to RF , touch RF to R side

5&6      Step RF from front behind LF , step LF to L , step RF on R

7&8      Step LF behind RF , step RF to R, step LF on L

## SEC4:SIDE CHASSE, 1/4 TURN L SIDE CHASSE, 1/4 TURN R SIDE CHASSE, 1/4 L SIDE CHASSE

1&2      Step RF to R , step LF next to RF, step RF to R

3&4      ¼ turn L, step LF to L, step RF next to LF , step LF to L

5&6      ¼ turn R , Step RF to R , step LF next to RF, step RF to R

7&8      ¼ turn L, step LF to L, step RF next to LF , step LF to L

Have fun and happy dancing!

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