

Kuai Lai Ma (快來嘛)

COPPER KNOB
STEPSHEETS

拍數: 64 牆數: 2 級數: Phrased Beginner
編舞者: Tina Chen Sue-Huei (TW) - December 2022
音樂: Kuai Lai Ma (快來嘛) (DJ默涵版) - Hua Tong (花僮)



Intro: 4 counts

Sequence: AA BB AA AB BA AA AA

Part A: (32 counts)

A1: SIDE - TOGETHER, CHASSE 1/4 R, FWD - PIVOT 1/2 R, 1/4 R CHASSE L

1-2, 3&4 Step Rf to R - Step Lf beside Rf, Step Rf to R - Step Lf beside Rf - 1/4 turn R (3:00) step Lf fwd

5-6, 7&8 Step Lf fwd - Pivot 1/2 turn R (9:00) weight on Rf, 1/4 turn R (12:00) step Lf to L - Step Rf beside Lf - Step Lf to L

A2: ROCK BACK DIAGONAL - RECOVER, CHASSE R, CROSS ROCK DIAGONAL - RECOVER, SHUFFLE 1/4 L

1-2, 3&4 Rock Rf diagonal behind Lf - Recover on Lf, Step Rf to R - Step Lf beside Rf - Step Rf to R

5-6, 7&8 Cross Lf diagonal over Rf - Recover on Rf, Shuffle (L R L) 1/4 turn L (9:00)

A3: CROSS - POINT.(X2), BEHIND - POINT.(X2)

1-4 Cross Rf over Lf - Point Lf To L - Cross Lf over Rf - Point Rf To R

5-8 Cross Rf behind Lf - Point Lf To L - Cross Lf behind Rf - Point Rf To R

A4: ROCK BACK - RECOVER, FWD SHUFFLE, MAMBO 1/4 L - TOUCH

1-2, 3&4 Rock Rf back - Recover on Lf, Fwd shuffle (R L R)

5-8 Rock Lf fwd - Recover on Rf - Step Lf to L - Touch Rf beside Lf

Part B: (32 counts)

B1: STEP FWD. (X4), HIPS BUMP

1-4 Step fwd on (R L R L)

5&6, 7&8 Step Rf to R while bump R hip twice, Recover on Lf while bump L hip twice

B2: STEP BACK. (X4), ROLLING HIPS

1-4 Step back on (R L R L)

5-8 Step RF to R while rolling hips from L to R in a circle - Touch L toes to L while pushing hips to L - Recover on Lf while rolling hips from R to L in a circle - Touch R toes to R while pushing hips to R

B3: GRAPEVIVE, L ROLLING VIVE

1-4 Step Rf to R - Step Lf behind Rf - Step Rf to R - Touch Lf to L

5-8 1/4 turn L (9:00) step Lf fwd - 1/2 turn L (3:00) step Rf back - 1/4 turn L (12:00) step Lf to L - Touch Rf beside Lf

B4: JAZZ BOX 1/4 R.(X2)

1-4 Cross Rf over Lf - 1/4 turn R (3:00) step Lf back - Step Rf to R - Cross Lf over Rf

5-8 Cross Rf over Lf - 1/4 turn R (6:00) step Lf back - Step Rf to R - Cross Lf over Rf

Have Fun

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