

Yongbao Ni Ez (拥抱你)

COPPER KNOB
BY STEPHEN

拍數: 32 牆數: 4 級數: Beginner
編舞者: Molly Yeoh (MY) - December 2022
音樂: 【抖音 音乐】拥抱你离去 — Ôm Em Rồi Xa Remix (Con Vịt Hóng Hót) | Hot
TikTok/DouYin Music



INTRO: 32c X 2 - No tag no restart!

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Sec 1: SIDE STEPS TO RIGHT, 8 COUNTS

1 - 8 RF step to R, LF step beside RF (repeat 1-8重复)

Sec 2: SIDE STEPS TO LEFT, 8 COUNTS

1 - 8 LF step to L, RF step beside LF (repeat 1-8)

Sec 3: STEP FWD, TOUCH, 8 COUNTS

1 - 8 RF step fwd, LF touch beside RF, LF step fwd, RF touch beside LF (repeat 1-8重复)

Sec 4: STEP BACK, TOUCH, 8 COUNTS

1 - 8 RF step back, LF touch beside RF, LF step back, RF touch beside LF (repeat 1-8)

MAIN DANCE:

Sec 1: RIGHT JAZZ BOX, RIGHT SIDE STEP, LEFT SIDE STEP

1 2 3 4 RF cross over LF, LF step back, RF step to R side, LF step fwd

5 6 7 8 RF step to R side, LF touch on, LF step to L side, RF touch on

Sec 2: ROCKING CHAIR, ¼ LEFT TURN, SIDE STEPS

1 2 3 4 RF rock fwd, recover LF, RF rock back recover RF

5 6 7 8 ¼ L turn, RF step to R, LF touch beside RF, LF step to L, RF touch beside LF

Sec 3: WALK FWD 3 STEPS, POINT TO SIDE, WALK BACK 3 STEPS, POINT TO SIDE

1 2 3 4 Walk RLR fwd, LF point to L side

5 6 7 8 Walk back LRL, RF point to R side

Sec 4: RIGHT CROSS SHUFFLE, LEFT ½ TURN, LEFT CROSS SHUFFLE

1 2 3 4 RF cross over LF, LF step to L, RF cross over LF, ½ L turn (weight on RF)

5 6 7 8 Cross LF over RF, RF step to R, LF cross over L, start the dance again!

Thank you.

Stay healthy! Welcome 2023!

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