

Xi Bie De Hai An (惜别的海岸)

COPPER KNOB
BY STEPHEN T. C.

拍數: 32 牆數: 4 級數: Improver
編舞者: Penny Tan (MY) - July 2023
音樂: Xi Bie De Hai An (惜别的海岸) - Gean Lim (林必嬭)



Dance start from vocal

*No tag / 1 restart

Restart on W6 after 16C (12:00)

SEC1:WALK FWD R-L ,CHASE ½ TURN L,WALK FWD L-R ,FWD, RECOVER, ¼ TURN L

1-2 Walk fwd R ,walk fwd L
3&4 Step RF fwd ,pivot ½ turn onto L ,step RF fwd (6:00)
5-6 Walk fwd L ,walk fwd R
7&8 Rock LF fwd ,recover on R ,1/4 turn L ,step LF to L (3:00)

SEC2: WEAVE , CROSS , SIDE,TOGETHER,CROSS , SIDE,BEHIND,SIDE,CROSS

1&2& Cross RF over LF , step LF to L side, step RF behind LF ,step LF to L
3&4 Cross RF over LF,step LF to L , step RF together with push hips(4:30)
5-6 Cross LF over RF ,step RF to R
7&8 Step LF behind RF ,step RF to R ,cross LF over RF

SEC3:SIDE ROCK,RECOVER ,CROSS SHUFFLE ,1/4 TURN L ,FWD SHUFFLE ,PIVOT ¼ TURN L

1-2 Rock RF to R with sway ,recover on L
3&4 Cross RF over LF,step LF to L,cross RF over LF
5&6 ¼ turn L ,fwd shuffle L-R-L (12:00)
7-8 Step RF fwd ,1/4 turn L ,recover on L (9:00)

SEC4:BOTAFOGO (R-L) ,CROSS,SIDE,BEHIND,BEHIND, SIDE, CROSS

1&2 Cross RF over LF , rock LF to L , recover on RF
3&4 Cross LF over RF , rock RF to R , recover on LF
5&6 Cross RF over LF ,step LF to L,step RF behind LF with sweep
7&8 Step LF behind RF ,step RF to R ,cross LF over RF (or step LF)

Have fun and happy dancing.

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