

Ye Shang Hai (夜上海)

COPPER KNOB
BY STEPHEN T. S.

拍數: 112 牆數: 1 級數: Phrased Beginner
編舞者: Mayee Lee (MY) - July 2023
音樂: Ye Shang Hai (夜上海) - Sharon Au (歐儷雯)



Intro : Start after 32 counts

Sequence of dance: AABAC-AABAC-BA-A16-Ending

Part A (32 counts)

Section 1 : R Cross Toe Strut, L Side Toe Strut, Diagonal R Rocking Chair With Sit R, Hold

1 – 4 Touch R over L(1), step R down(2), touch L to L(3), step L down(4)
5 – 8 Step R to diagonal L(5)(10.30), recover on L(6), step R back & sit on R(7), hold(8)

Section 2 : Mirror Step for Section 1

Section 3 : Cross R, Flick L, L Forward, Hold, R Forward, Recover L, R Back, L Back

1 – 4 Cross R over L(1), flick L(2), step L forward(3), hold(4)
5 – 8 Step R forward(5), recover on L(6), step R back(7), step L back & sit on L(8)

Section 4 : Bounce L Hip (x4)

1 – 8 Bounce & sit on L(1), recover & straighten your L knee(2)(Repeat 3 times)

Part B (48 counts)

Section 1 : R Forward Shuffle, Hold, L Forward Shuffle, Hold

1 – 4 Step R forward(1), step L on ball behind R(2), step R forward(3), hold(4)
5 – 8 Step L forward(5), step R on ball behind L(6), step L forward(7), hold(8)

Section 2 : R Cross Recover Side, Hold, L Cross Recover Side, Hold

1 – 4 Cross R over L(1), recover on L(2), step R to R(3), hold(4)
5 – 8 Cross L over R(5), recover on R(6), step L to L(7), hold(8)

Section 3 : R Back, Kick L, L Back, Kick R (x2)

1 – 8 Step R back(1), kick L(2), step L back(3), kick R(4)(Repeat again)

Section 4 Repeat Section 1 (Part B)

Section 5 Repeat Section 2 (Part B)

Section 6 : Cross R Unwind Full Turn L, Reverse Full Turn R

1 – 4 Cross R over L(1), unwind full turn L(2-4), reverse full turn R(5-8)(weight on L)

Part C (32 counts)

Section 1 : Cross R, Hold, Touch L, Hold, Cross L, Hold, Touch R, Hold

1 – 8 Cross R over L(1), hold(2), touch L to L(3), hold(4), cross L over R(5), hold(6), touch R to R(7), hold(8)

Section 2 : Cross R Back, Hold, Touch L, Hold, Cross L Back, Hold, Touch R, Hold

1 – 8 Cross R behind to L(1), hold(2), touch L to L(3), hold(4), cross L behind to R(5), hold(6), touch R to R(7), hold(8)

Section 3 : Drag R beside L, Slow R Hip Roll (x2)

1 – 8 Drag R beside L(&), R hip roll(1-4), R hip roll(5-8)

Section 4 : Pivot ½ Turn L With Hold (x2)

1 – 4 Step R forward(1), hold(2), ½ turn L step L forward(3)(6.00), hold(4)
5 – 8 Repeat 1-4

Ending (6 counts)

1 – 6 Rock R forward*1), hold(2), recover on L(3), hold(4),raise L hand up and look back to L(5),
turn your head back to 12.00(6)

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