

Mei Fei Se Wu (眉飞色舞)

COPPER KNOB
BY SHEETS

拍數: 32 牆數: 4 級數: Beginner
編舞者: Yanti Tannjoek (INA) - September 2023
音樂: Mei Fei Se Wu (眉飛色舞) - Sammi Cheng (鄭秀文)



SEQUENCE : A-B-B-C-C-C-C-C-C-C-C-C
TAG : Hold (4 counts) after Part B (32c)

Intro Dance

Part A

SEC 1 : HIP BUMP (with HAND POINT UP)

1-4 Touch LF with bumping hip up, hip down, hip up, hip down (right hand point up)

5-8 Touch RF with bumping hip up, hip down, hip up, hip down (left hand point up)

SEC 2: HIP BUMP (with HAND POINT DOWN)

1-4 Touch LF with bumping hip up, hip down, hip up, hip down (right hand point down)

5-8 Touch RF with bumping hip up, hip down, hip up, hip down (left hand point down)

SEC 3 : ROCKING CHAIRS (with SHIMMY SHOULDER)

1-4 Rock RF forward, Recover on LF, Rock RF Back, Recover on LF

5-8 Rock RF forward, Recover on LF, Rock RF Back, Recover on LF

SEC 4 : Repeat SEC 3

PART B

SEC 1 : HIP BUMP (with HAND POINT FORWARD)

1-4 touch LF with bumping hip up, hip down, hip up, hip down (right hand point forward)

5-8 Touch RF with bumping hip up, hip down, hip up, hip down (left hand point forward)

SEC 2 : SIDE TOUCH R,L,R,L

1-4 step RF to side, touch LF beside RF, step LF to side, touch RF beside RF

5-8 step RF to side, touch LF beside RF, step LF to side, touch RF beside RF

SEC 3 : SIDE TOUCH - SWAY (with HAND POINT UP)

1-4 step RF to side, touch LF beside RF, step LF to side, touch RF beside RF

5-8 sway R,L,R,L

SEC 4 : GRAPEVINE R & L

1-4 step RF to side, cross LF behind RF, step RF to side, touch LF beside RF

5-8 step LF to side, cross RF behind LF, step LF to side, touch RF beside LF

Tag : Hold 4 counts

REPEAT PART B

MAIN DANCE - PART C

SEC 1 : TAP RIGHT, TOGETHER, TAP LEFT, TOGETHER - V STEP

1-4 tap RF to side, step RF next to LF, tap LF to side, step LF next to RF

5-8 step RF diagonally fwd, step LF diagonally fwd, step RF back, closed LF beside RF

SEC 2 : SIDE SACHEE - BACK ROCK - RECOVER (R & L)

1&2 step RF to R, step LF beside RF, step RF to R

3-4 LF step backward, recover on R

5&6 step LF to L, step RF beside LF, step LF to L

7-8 RF step backward, recover on L

SEC 3 : CROSS TOUCH R & L - JAZZ BOX 1/4 RIGHT TURN

1-4 cross RF forward, touch LF to side, cross LF forward, touch RF to side

5-8 step RF cross over LF, step LF backward, 1/4 turn R stepping RF to side, step LF cross over RF

SEC 4 : ROCKING CHAIRS - SIDE TOUCH R & L

1-4 rock RF forward, recover on LF, rock RF backward, recover on LF

5-8 step RF to side, touch LF beside RF, step LF to side, touch RF beside LF

Happy Dance

Regards, Yanti Tannjoek
