

Lan Hua Cao Cha Cha (兰花草恰恰)

COPPERKNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: High Beginner
編舞者: Molly Yeoh (MY) - September 2023
音樂: Lan Hua Cao (兰花草) (DJ 平仔 Electro Mix) - Zhou Yi Ting (卓依婷)



*At end of Wall 1 & Wall 5, add tag (8c) (face 3:00)

Why wait on the intro to start?
Let's add dance steps to it, more fun!

INTRO DANCE 32C X 2

Section 1: WALK FWD 4 STEPS, SIDE TOUCHES

1 2 3 4 Walk fwd RF, LF, RF, LF
5 6 7 8 Step RF to R, LF touch beside R, LF step to L, RF touch beside LF

Section 2: WALK BACK 4 STEPS, SIDE TOUCHES

1 2 3 4 Walk back RF, LF, RF, LF
5 6 7 8 Step RF to R, LF touch beside R, LF step to L, RF touch beside LF

Section 3: (FWD STEP, TOUCH TO SIDE) 2X, (BACK STEP, TOUCH TO SIDE) 2X

1 2 3 4 RF fwd, LF touch to L, LF fwd, RF touch to R
5 6 7 8 RF step back, LF touch to L, LF step back, RF touch to R

Section 4: R CROSS RECOVER, SIDE CHASSE, L CROSS RECOVER, SIDE CHASSE

1 2 3&4 RF cross rock recover LF, RF step to R, LF step beside RF, RF step to R
5 6 7&8 LF cross rock recover RF, LF step to L, RF step beside LF, LF step to L

MAIN DANCE

Section 1: WEAVE TO RIGHT, MODIFIED ROLLING VINE WITH L CHASSE

1 2 3 4 RF to R, LF step behind RF, RF to R, LF touch beside RF
5 6 7&8 L 1/4 turn, LF step fwd, L 1/2 turn RF step back, L 1/4 turn LF step to L, RF step beside LF, LF step to L (face 12:00)

Section 2: FWD ROCK RECOVER, BACK SHUFFLE, BACK ROCK RECOVER, FWD SHUFFLE

1 2 3&4 RF fwd recover LF, RF step back, LF step beside LF, RF step back
5 6 7&8 LF step back recover RF, LF step fwd, RF followed, LF step fwd

Section 3: SAMBA BOTAFOGO, ROCK RECOVER, PIVOT 1/2 TURN TRIPLE STEP

1&2 3&4 RF cross LF, LF step to L, RF in place, LF cross RF, RF step to R, LF in place
5 6 7&8 Rock RF fwd recover LF, 1/2 R turn, step RLR fwd (small steps),

Section 4: PIVOT R 1/2 TURN TRIPPLE STEP, SIDE STEP, PIVOT R 1/4 TURN

1&2 3 4 Pivot R 1/2 turn, step back LRL (small steps), RF rock back recover LF
5 6 7 8 RF step to R recover LF, 1/4 L turn, RF step to R recover LF

*End of Wall 1 & Wall 5, add tag, face 3:00

*TAGS (8C)

JAZZ BOX, SIDE STEPS

1 2 3 4 RF cross LF, LF step to L, RF step to R, LF cross over RF
5 6 7 8 RF step to R, LF touch beside RF, LF step to L, RF touch beside LF

Note: Ending first 16 count, just turn pose to 12:00!

Enjoy and have fun with this dance!

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