

Shangri-La (心中的日月)

COPPER KNOB
STEPPERS

拍數: 132 牆數: 4 級數: Phrased Intermediate
編舞者: Nicky Tan (MY) - September 2023
音樂: Shangri-La (心中的日月) - Wang Leehom (王力宏)



Start dance after 2 counts

SEQUENCE OF DANCE: ABBbC ABBbC Tag ACA
TAG is a 2-count HOLD

PART A : 32 COUNTS

SECTION 1 [1-8]: TOE STRUTS

12 Touch R toe forward (1), Hold (2)
34 Step RF in place (3), Hold (4)
56 Touch L toe forward, (5), Hold (6)
78 Step LF in place (7), Hold (8) 12:00

SECTION 2 [9-16]: TOUCH PRESS STEP X4

12 Step Right ball of foot forward (1), Step back RF beside LF (2)
34 Step Left ball of foot forward (3), Step back LF beside RF (4)
56 Repeat Step 1,2
78 Repeat Step 3,4 12:00

SECTION 3 [17-24]: FULL TURN PADDLE

12 Turn ¼ L & Rock RF to Right (1), Recover on LF (2) 9:00
34 Repeat Step 1,2 6:00
56 Repeat Step 1,2 3:00
78 Repeat Step 1,2 12:00

SECTION 4 [25-32]: CROSS ROCK – RECOVER -HOLD

12 Cross RF over LF (1), Recover on LF (2)
34 Step RF beside LF (3), Hold (4)
56 Cross LF over RF (5), Recover on RF (6)
78 Step LF beside RF (7), Hold (8) 12:00

PART B : 32 COUNTS

(PART b : 16 COUNTS [Dance Section 5 & 6 only])

SECTION 5 [33-40]: JAZZ BOX – TOUCH - STEP BACK – HITCH - STEP

12 Cross RF over LF (1), Step LF back (2)
34 Step RF to Right (3), Step LF forward (4)
56 Touch R toe to Right (5), Step RF back (6)
78 Hitch Left knee up in front of R knee (7), Step LF in place (8) 12:00

SECTION 6 [41-48]: SCISSOR STEP – HOLD – ¼ R TURN – ¼ R TURN – STEP FORWARD - HOLD

12 Step RF to Right (1), Step LF beside RF (2)
34 Cross RF over LF (3), Hold (4) 12:00
56 Turn ¼ R & Step LF back (5), Turn ¼ R & Step RF to Right (6) 6:00
78 Step LF forward (7), Hold (8) 6:00

SECTION 7 [49-56]: HALF RUMBA BOX – STEP & HEEL TOUCH

12 Step RF to Right (1), Step LF beside LF (2)
34 Step RF forward (3), Hold (4)
56 Step LF to Left & Touch R Heel in place, slightly push hips to Left (5), Hold (6)

78 Step RF in place & Touch L Heel in place, hips slightly push to Right (7), Hold (8) 6:00

SECTION 8 [57-64]: ¼ L STEP & HITCH – HOLD - ½ L STEP & HEEL TOUCH – HOLD – HEEL WALK

12 Turn ¼ L & Step LF in place with R knee hitch up (1), Hold (2) 3:00
34 Turn ½ L & Step RF back & Touch Left heel in place (3), Hold (4) 9:00
&56 Ball Step LF beside RF (&), Step RF forward (5), Hold (6)
78 Step LF forward (7), Hold (8) 9:00

PART C: 64 COUNTS + 4 COUNTS

SECTION 9 [65-72]: CROSS – SIDE – BACK – HIP LIFT – WALK CLOCKWISE

12 Cross RF over LF (1), Step LF to Left (2) 12:00
34 Step RF behind LF facing slightly diagonally Right (3), Lift LF off floor (4) 1:30
5678 Turn 1/8 R (3:00) & Walk clockwise starting on LF making a smooth curve to face 9:00

SECTION 10 [73-80]: ROCKING CHAIR – ¼ R STEP – HOLD - ROCK BACK - RECOVER

12 Rock LF forward (1), Recover on RF (2) 9:00
34 Rock LF back (3), Recover on RF (4)
56 Turn ¼ R & Step LF to Left (5), Hold (6) 12:00
78 Rock RF behind LF (7), Recover on LF (8) 12:00

SECTION 11 [81-88]: STEP RIGHT – BACK – BACK – ROCK BACK –RECOVER – STEP – ROCK BACK - RECOVER

1 Step RF to Right (1) 12:00
23 Step LF behind RF facing diagonally Left (2), Step RF back (3) 10:30
45 Rock LF back (4), Recover on RF (5) 10:30
6 Step LF to Left facing 12:00 again (6)
78 Rock RF back facing diagonally Right (7), Recover on LF (8) 1:30

SECTION 12 [89-96]: HEEL STRUT – HOLD – HEEL STRUT – HOLD – LOCK STEPS- HOLD

12 Step RF forward landing on heel of foot first (1), Hold (2) 1:30
34 Step LF forward landing on heel of foot first (3), Hold (4)
56 Step RF forward (5), Step LF slightly behind RF (6)
78 Step RF forward (7), Hold (8) 1:30

SECTION 13 [97-104]: BACK TWINKLE STEPS

12 Cross LF over RF (1), Step RF back (2) 1:30
34 Step LF together (3), Cross RF over LF (4)
56 Step LF back (5), Step RF together (6)
78 Cross LF over RF (7), Step RF back (8) 1:30

SECTION 14 [105-112]: ROCK BACK –RECOVER – STEP FORWARD – HOLD – UNWIND FULL TURN

12 Rock LF back (1), Recover on RF (2) 1:30
34 Step LF forward (3), Hold (4)
5678 Unwind slowly to Right facing 12:00

SECTION 15 [113-116]: HOLD WITH ARM STYLING

1-4 Hold position with arm styling (1-4) 12:00

SECTION 16 [127-134]: STEP RIGHT - SHIFT WEIGHT TO LEFT - RIGHT ROLLING VINE

12 Step RF to Right and lean towards Right (1) & Hold (2)
34 Shift weight to LF and lean towards Left (3), Hold (4)
56 Step ¼ Right & Step RF forward (5), Turn ½ Right & Step LF back (6)
78 Step ¼ Right & Step RF to Right (7), Touch LF to Left (8) 12:00

SECTION 17 [125-132]: LEFT ROLLING VINE – HOLD – TOUCH – HOLD – RIGHT HIP CIRCLE

12 Turn ¼ Left & Step LF forward (1), Turn ½ Left & Step RF back (2)

34 Turn ¼ Left & Step LF to Left (3), Hold (4) 12:00
5678 Touch RF beside LF (5), Hold (6-8) with arm styling

Note: For arms styling suggestion, please refer to dance tutorial video, thank you.
