Shi Ni (Meng Ran)



拍數: 64 牆數: 2 級數: Low Intermediate

編舞者: Christie Lim (MY) & Peter Reber (SA) - October 2023

音樂: Its You (是你) - MIYA (梦然)



Sequence: AB Tag AB AB

Dance starts after 16 Count on vocals

Part A

Sec A1: Step, Step, ½ Turn R, Step, Step, ½ Turn L			
	1 & 2 &	Lift RF fwd (rise on ball of LF), Step on RF, Lift LF fwd (rise on ball of RF), Step on LF	
	3 & 4	Walk (RF), Walk 1/4 turn R (LF), Walk ¼ turn(RF)	
	5 & 6 &	Lift LF fwd (rise on ball of RF), Step on LF, Lift RF fwd (rise on ball of LF), Step on RF	
	7 & 8	Walk (LF), Walk 1/4 turn L (RF), Walk ¼ turn (LF)	
	Soc A2: Shuffle diagonally Stop Laway Sway D 1/ Turn L 3/ Spiral Turn L		

Sec A2: Shuffle diagonally, Step L sway, Sway R, 1/4 Turn L, 3/4 Spiral Turn L

1 & 2 &	Step fwd RF (diagonal), Step LF next to RF, Step fwd RF (diagonal), Touch LF next to RF
3 4	Step L sway L, Sway to R
5 6	1/4 turn L Step LF, Cross RF over L 3/4 turn L
7 & 8	Step LF fwd, Step RF next to LF, Step LF fwd

Sec A3: Extended Weave L, Cross, Point, Extended Weave R, Cross, Point behind

1 & 2 &	Cross RF over LF, Step LF to L, Cross RF behind LF, Step LF to L
3 & 4 &	Cross RF over L, Step LF to L, Cross RF behind LF, Point LF to L
5 & 6 &	Cross LF over RF, Step RF to R, LF behind RF, Step RF to R,
7 & 8	Cross LF over RF, Step RF to side, Point LF behind RF

Sec A4: Nightclub (2x), 1/8 Turn L, 1/8 Turn L RF Across, 1/4 Turn R, 1/2 Turn R, Step L fwd

12&	Step LF to side, Step RF behind LF, Recover
3 4 &	Step RF to side, Step LF behind RF, Recover
5 6	1/8 turn L step LF, 1/8 turn step RF across LF
7 & 8	1/4 turn R step LF back, 1/2 turn R step RF fwd, Step LF fwd

Part B

Sec B1: Fwd diagonally (x2), Pivot ½ turn (x2), ½ Turn sweep back, sweep back, Coaster step		
1 & 2 &	RF diagonally fwd, Touch LF next to RF, LF diagonally fwd, Touch RF next to LF	
3 & 4 &	Step RF fwd, ½ turn L (weight on LF), Step RF fwd, ½ turn L (weight on LF),	
5 6	1/2 turn L step RF back sweeping LF back, Step on LF sweeping RF back	
7 & 8	Step on RF, Step LF next to RF, Step RF fwd	

Sec B2: Serpiente, (Cross Rock, Recover) (x2)

OCO DZ. OCIPICI	Coo B2. Corplanto, (Cross Rook, Rosever) (X2)		
1 & 2	Cross LF over RF, Step RF the R, Step LF behind RF		
3 & 4 &	Sweep RF from front to back behind LF, Step LF to L, Step together, Step LF to L		
5 & 6	Cross RF over LF, Recover, Step RF to R		
7 & 8	Cross LF over RF, Recover, Step LF to L		

Sec 3: Repeat B1

Sec 4: Repeat B2

Tag (Step, Point) (x2), Rocking Chair

1 & 2 & Step RF fwd, Point LF to L, Step LF fwd, Point RF to R

3 & 4 & Rock RF fwd, Recover, RF back rock, Recover

Enjoy Dance!

For any question contact Christie Lim: chrislimlc33@gmail.com Peter Reber: peterr706@gmail.com