

Qiu Fo (求佛)

拍數: 96 牆數: 2 級數: Phrased Beginner
編舞者: Adeline Chang (MY) & Tan Chew Heng (MY) - November 2023
音樂: Qiu Fu (求佛) (DJ默涵版) - Shi Yan (誓言)



Intro: 4 counts

Seq : AAB BC AA Tag1 BC AA AA Tag2 A

A) 32 counts :

Sec 1: Out-Out-In-In; Rocking Chair.

1-2-3-4 Step R out to R, Step L out to L; Step back R, Step L beside R.

5-6-7-8 Rock forward R, recover on L, Rock back R, Recover on L.

Sec 2: Right & Left : Diagonal Forward-Lock-Step, Touch

1-2-3-4 Step fwd R to R, lock step L behind R, step fwd R, touch L beside R.

5-6-7-8 Step fwd L to L, lock step R behind L, step fwd L, touch R beside L.

Sec 3: Step back R, touch L, Step back L, touch R (X2)

1-2-3-4 Step back R, touch L across R, Step back L, touch R across L.

5-6-7-8 Step back R, touch L across R, Step back L, touch R across L.

Sec 4: Step Fwd R, ¼ L-turn recover L (X 2) (Paddle), Jazz Box Cross

1-2-3-4 Step R fwd, ¼ L-turn recover weight on L, (x2)

5-6-7-8 Cross R over L, Step back on L, Step R beside L, Cross L Over R.

B) 32 counts :

Sec 1: Walk Forward RLRL, Step R to R, Hip Bump

1-2-3-4 Walk forward on R-L-R-L.

5-6-7-8 Step R to R, Bump Hip x 3 counts.

Sec 2: Walk Back LRLR, Step L to L, Hip Bump.

1-2-3-4 Walk back on L-R-L-R.

5-6-7-8 Step L to L, Bump Hip x 3 counts.

Sec 3: R & L : Vine-Touch.

1-2-3-4 Step R to R, Step L behind R, Step R to R, touch L beside R.

5-6-7-8 Step L to L, Step R behind L, Step L to L, touch R beside L.

(Option : Rolling Vine to L, Touch R)

Sec 4: R-Step, Touch, L-Step, Touch. Hip Sway RLRL

1-2-3-4 Step R to R, Touch L-toe behind R, Step L to L, touch R behind R.

5-6-7-8 Hip Sway R-L-R-L

C) 32 counts :

Sec 1: Cross-touch, Behind-touch, Jazz Box ¼ R-turn

1-2-3-4 Step R to R, touch L-toe across L. Step L to L, touch R-toe across L.

5-6-7-9 Cross R over L, step back on L, ¼ R-turn Step R to R, Cross L over R.

Sec 2, 3, & 4 : Repeat sec 1 of C.

Tag 1: 32 counts :

Sec 1: Right & Left : Step, Touch, Side-Together-Side-Touch.

1-2-3-4 Step R to R, touch L beside R, Step L to L, Touch R beside L.

5-6-7-8 Step R to R, Step L together R, Step R to R, Touch L beside R.

Sec 2: Left & Right : Step, Touch, Side-Together-Touch.

1-2-3-4 Step L to L, touch R beside L, Step R to R, Touch L beside R.

5-6-7-8 Step L to L, Step R together L, Step L to L, Touch R beside L.

Sec 3 & Sec 4 : Repeat Sec 1 & Sec 2 of Tag 1

Tag 2: 20 counts :

Sec 1: Step R, touch L, Step L, touch R (X2)

1-2-3-4 Step R to R, touch L-toe across R, Step L to L, touch R-toe across L.

5-6-7-8 Step R to R, touch L-toe across R, Step L to L, touch R-toe across L.

Sec 2: Step Fwd R, ¼ L-turn recover L (X 2), Jazz Box Cross

1-2-3-4 Step R fwd, ¼ L-turn recover weight on L, (x2)

5-6-7-8 Cross R over L, Step back on L, Step R beside L, Cross L Over R.

Sec 3: Jazz Box Cross

1-2-3-4 Cross R over L, Step back on L, Step R beside L, Cross L Over R.

***** Happy Dancing *****

Contact person : adeline2998@hotmail.com
