

Chasing the Wind (风中追风)

COPPER KNOB
BY SHEETS

拍數: 32 牆數: 4 級數: High Beginner
編舞者: Des Ho (SG) - October 2023
音樂: Feng Zhong Zhui Feng (風中追風) (女聲版) - Han Ke Ke (韓可可)



Intro: 40 counts [0:21] beginning on R foot
Sequence: Clockwise with 4-cnt tag at end of 2nd & 7th rotation.

Note: Thank you, Angie Tan for recommending the sound track which I can't help but get into the groove!

[1-8] Side, Together, Side, Touch, Rolling L GrapeVine [12:00]

- 1-2 Step R foot to right side (tilt body diagonal right), Step L foot beside right.
- 3-4 Step R foot to right side (tilt body diagonal right), Touch L toes beside right foot (prepare to turn).
- 5-6 Make 1/4 L turn stepping L foot forward [9:00], Make 1/2 L turn stepping back on R foot [3:00]
- 7-8 Make 1/4 L turn stepping L foot to left side, Touch R foot beside left [12:00]

[9-16] Side, Behind (Touch), Side Behind (Touch), V Steps [12:00]

- 1-2 Step R foot to right side, Swing L foot from front to back & touch L toes behind right foot [with arm styling & head turn to right side].
- 3-4 Step L foot to left side, Swing R foot from front to back touching R toes behind L foot [with arm styling & turn head to the left]
- 5-6 Step R foot diagonal out to right, Step L foot diagonal out to left [add knee rolls for styling].
- 7-8 Step R foot back, Step L foot beside R foot [12:00]

[17-24] Forward Lock Step, Brush, Toe Strut, 1/2 L Toe Strut [6:00]

- 1-2 Step R foot diagonal right forward, Lock L foot behind right
- 3-4 Step R foot forward, Brush L foot diagonal left forward [12:00]
- 5-6 Touch L toes forward, Place L heel down & weight on left foot
- 7-8 Make 1/2 R turn touching R toes forward, Put down R heel with weight on left foot. [6:00]

Option: [7-8] 1/2 R hip bumps RLR instead of toe struts

[25-32] Diagonal Forward Shuffles (Left & Right), Cross, 1/4 L Back, Together, Forward Rock [3:00]

- 1&2 Make 1/8 L turn stepping L foot forward, Step R foot beside right, Step L foot forward (adding hip bumps for boogie styling). [4:30]
- 3&4 Make 1/4 R turn stepping R foot forward, Step L foot beside left, Step R foot forward (adding hip bumps for boogie styling). [7:30]
- 5&6 Cross L foot over L foot, Make 1/4 L turn stepping back on R foot (square off 3:00), Step L foot beside right pushing hips back [3:00]
- 7-8 Rock R foot forward, Recover weight on L foot. [3:00]

Start again and enjoy!

TAG: 4-Cnt tag at end of 2nd & 7th Rotation (facing 6:00 & 9:00 respectively)

[T1-T4] Side Rock, Hip Roll Clockwise

- 1-2 Rock R to right side, Recover weight on L foot
- 3-4 Hip Roll from front left to right & right side back to left over 2 counts (clock-wise rotation) ending with weight on left foot.

Optional Ending – At end of last 10th rotation (facing 6:00), make a 1/2 R turn stepping R foot forward to the front with an ending pose!

Contact choreographer: beaverct@gmail.com
Last Update: 23 Oct 2023

