Love Storming

拍數: 64

級數: Phrased Improver

編舞者: Michelle Chen (TW) - May 2024

音樂: The Storm of Love (愛的暴風雨) - Meng Han (夢涵)

Introduction : 8 counts *4 Start Foot : Right(RF) Bridge/Long Tag: 8 counts *4 ReStart : None Sequence : Intro - AA - BB- Bridge - AA- BBBB - Ending(same as Intro)

Intro(Ending) Section : 8 counts *4

Itr1: SIDE STEP, HEEL-BOUNCE*7

1 (starting at 12:00)Step RF Rside 2-8 Knee-Pop(Heel-Bounce) LF in place 7 Times

Itr2: HIP SWAY SLOW L-R-L-R

- 1234 Sway Hip to Lside & Rside slowly
- 5678 (Repeat 1-4)

Itr3: SIDE-STEP, HEEL-BOUNCE*7

- 1 LF Lside
- 2-8 Knee-Pop(Heel-Bounce) RF in place 7 Times

Itr4: HIP SWAY SLOW R-L-R-L

- Sway Hip to Rside & Lside slowly 1234
- 5678 (Repeat 1-4)

Main Section A: 8 counts * 4

A1: ROCKING CHAIR*2 TIMES

- 1234 Rock RF Fwrd, Recover back to LF, Rock RF Bwrd, Recover back to LF
- 5678 (Repeat 1-4)

A2: RODEO KICK, SAILOR STEP, RODEO KICK, SAILOR W/ 1/4TL

- 12 Kick RF Fwrd, Kick RF Rside
- Step RF Cross Behind LF, Step LF Lside, Step RF Rside 3&4
- 56 Kick LF Fwrd, Kick LF Lside
- 3&4 Make a 1/4TL and Step LF Cross Behind RF, Step RF Rside, Step LF Lside

A3: STEP-HOLD-BALL-STEP-POINT, 1/2TL & STEP-SWEEP, SYC JAZZBOX

- 12 Step RF Rside, Hold
- &34 Step LF Ball Together to RF, Step RF Rside, Make Body facing 1/4TR & Point LF Bwrd
- 56 Make 1/2TL & Step LF in place, Sweep RF Fwrd
- Step RF Cross over LF, Step LF Bwrd, Step RF Rside 7&8

A4: ROCK-RECOVER, ANCHOR BACK, HIP SWAY SLOW R-L

- 12 Rock LF Cross over RF, Recover back to RF
- 3&4 Rock LF Bwrd, Recover back to RF, Rock LF in place again
- 5678 Sway Hip to Rside & Lside slowly

Main Section B: 8 counts * 4



牆數:2

B1: CROSS-HOLD-BALL, CROSS SHUFFLE 1/2TL, CROSS-HOLD-BALL, CROSS SHUFFLE 1/2TR

- 1 2& Step RF Cross over LF, Hold, 1/4TL & Step LF Ball slightly Fwrd
- 3&4 Step RF Cross over LF, 1/4TL & Step LF Ball slightly Fwrd, Step RF Cross over LF again
- 5 6& Step LF Cross over RF, Hold, 1/4TR & Step RF Ball slightly Fwrd
- 7&8 Step LF Cross over RF, 1/4TR & Step RF Ball slightly Fwrd, Step LF Cross over RF again

B2: SIDE R&R, BEHIND-SIDE-CROSS, SIDE R&R, BEHIND-SIDE-CROSS

- 1 2 Rock RF Rside, Recover back to LF
- 3&4 Step RF Cross Behind LF, Step LF Lside, Step RF Cross over LF
- 5 6 Rock LF Rside, Recover back to RF
- 7&8 Step LF Cross Behind RF, Step RF Rside, Step LF Cross over RF

B3: PIVOT 1/2TL, SHUFFLE, PIVOT 1/2TR, SHUFFLE

- 1 2 Step RF Fwrd, Make a Pivot 1/2TL
- 3&4 Step RF Fwrd, Step LF Together, Step RF Fwrd
- 5 6 Step LF Fwrd, Make a Pivot 1/2TR
- 7&8 Step LF Fwrd, Step RF Together, Step LF Fwrd

B4: PRESS&HIP ROLL, BACK WALK, HIP SWAY R-L

- 1 2 3 4 Press RF diag Fwrd and Make a Hip Roll Clockwise
- 5 6 Step RF Bwrd, Step LF Bwrd
- 7 8 Sway Hip to Rside & Lside

Bridge (Long Tag): 8 counts * 4

Bdg1: CROSS-POINT-CROSS-POINT, BACK WALK*3-TOGETHER

- 1 2 Step RF Cross over LF, Point LF to Lside
- 3 4 Step LF Cross over RF, Point RF to Rside
- 5 6 7 8 Step RF-LF-RF Bwrd , Step LF Together

Bdg2: PIVOT 1/2TL, SHUFFLE 1/2TL, HIP SWAY R-L-R-L

- 1 2 Step RF Fwrd, Make a Pivot 1/2TL
- 3&4 Make 1/4TL & Step RF Rside, Step LF Together, 1/4TL & Step RF Bwrd
- 5 6 7 8 Hip Sway to Rside & Lside & Rside & Lside

Bdg3: CROSS-POINT-CROSS-POINT, BACK WALK*3-TOGETHER

- 1 2 Step LF Cross over RF, Point RF to Lside
- 3 4 Step RF Cross over LF, Point LF to Rside
- 5 6 7 8 Step LF-RF-LF Bwrd , Step RF Together

Bdg4: PIVOT 1/2TL, SHUFFLE 1/2TL, HIP SWAY SLOW R-L

- 1 2 Step LF Fwrd, Make a Pivot 1/2TR
- 3&4 Make 1/4TR & Step LF Lside, Step RF Together, 1/4TR & Step LF Bwrd
- 5 6 7 8 Hip Sway to Lside & Rside slowly

ENDing : SAME AS INTRO

Contra Designed : Devide class members into TeamA & TeamB. Members in TeamA Stand on RightSide and Start with RF. Members in TeamB Stand on LeftSide and Start with LF. In this pattern that will dance like Mirrorring. Try it and hope you like it.

Notes for abbr. RF(Right Foot) / LF(Left Foot) Fwrd(forward) / Bwrd(backword) / Rside(right side) / Lside(left side) Diag (diagonal) TR(make a RightTurn) / TL(make a LeftTurn)

Contact: If there is any question or suggestion, please don't hesitate to contact. Thanks a lot. Hope you like it.

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