

# Yi Ban Feng Le Yi Ban Suan Le (一半瘋了一半算了)

COPPER KNOB  
STEPSHEETS

拍數: 32                      牆數: 4                      級數: Beginner  
編舞者: Ivy Chan Siew Lin (SG) - July 2024  
音樂: Yi Ban Feng Le Yi Ban Suan Le (一半瘋了一半算了) (DJ默涵作者粵語版) - Hua Tong (花僮)



## [1 – 8] FWD SHUFFLE, FWD ROCK, BACK SHUFFLE, BACK ROCK,

1&2 3-4                      Step Fwd on RF, Step LF next to RF, Step Fwd on RF, Rock LF fwd, Recover on RF  
5&6 7-8                      Step Back on LF, Step RF next to LF, Step Back on LF, RF back, Recover on LF

## [9 – 16] RIGHT CHASSE, BACK ROCK, RECOVER, LEFT CHASSE, BACK ROCK, RECOVER

1&2 3-4                      Step RF to R, Step LF beside RF, Step RF to R, Step LF back, Recover on RF  
5&6 7-8                      Step LF to L, Step RF beside LF, Step LF to L, Step RF back, Recover on LF

## [17 – 24] FWD TOUCH, FWD TOUCH, R HIP BUMP, L HIP BUMP

1-2-3-4                      Step RF diagonally to R, touch LF beside RF, Step LF diagonally to L, touch RF beside LF  
5&6 7&8                      Step RF to R side, hips bump twice R, R, L, L

## [25 – 32] BACK SHUFFLE, BACK SHUFFLE, BACK ROCK, STEP PIVOT 1/4

1&2                              Step Back on RF, Step LF next to RF, Step Back on RF  
3&4                              Step Back on LF, Step RF next to LF, Step Back on LF  
5-6-7-8                      RF back, Recover on LF, Step RF Fwd, Pivot 1/4 turn L

## Tag (4 Counts) - End of Wall 9 (9:00)

### [1 – 4] 1/4 L SIDE TOUCH, 1/4 L FORWARD TOUCH,

1-2-3-4                      Step RF to R 1/4 turn L, Touch LF next to R, Step LF Fwd 1/4 turn L, Touch RF next to L  
(3:00)

Have Fun & Happy Dancing!!!

Contact: [ivyslc@hotmail.com](mailto:ivyslc@hotmail.com)