The Lion Dance AB

級數: Absolute Beginner

編舞者: Shanthie De Mel (AUS) - July 2024

音樂: The Lion Sleeps Tonight - The Tokens

Intro: Begin dance from the words "A-Wim-O-Weh". No Tags or Restarts. Right Rotation. Do your own styling with a swinging motion of hips.

NOTE. The music ends after the 10th rotation facing 6:00. To finish dance facing 12:00. at the last rotation, do counts 29-32 swaying hips at 12:00 instead of the 3/4 paddles.

(1-8) TOE STRUT FORWARD x4.

拍數: 32

- 1, 2 Step forward on R toe. Step R heel down.
- 3, 4 Step forward on L toe. Step L heel down.
- 5,6 Step forward on R toe. Step R heel down.
- Step forward on L toe. Step L heel down. (12.00) 7,8

(9-16) VINE RIGHT WITH SCUFF. ROCKING CHAIR.

- 1, 2 Step R to right side. Cross L behind R.
- 3, 4 Step R to right side. Scuff L
- 5,6 Rock L forward. Recover R in place.
- Rock L back. Recover R in place. (12:00) 7,8

(17-24) VINE LEFT WITH SCUFF. ROCKING CHAIR.

- 1, 2 Step L to left side. Cross R behind L.
- 3, 4 Step L to left side. Scuff R.
- 5,6 Rock R forward. Recover L in place.
- 7,8 Rock R back. Recover L in place. (12:00)

(25-32) 3 PADDLES TURNING 3/4 LEFT WITH HIP SWAYS.

- 1, 2 Step R forward with hip sway. Turn 1/4 left on L. (9:00).
- 3, 4 Step R forward with hip sway. Turn 1/4 left on L. (6:00).
- 5,6 Step R forward with hip sway. Turn 1/4 left on L. (3:00).
- 7,8 Sway to right side in place. Sway to left side in place. (3:00)

Optional: On paddles with hip sway, swing right arm above lariat style.

Begin rotation again. Happy dancing!





牆數:4