

Yue Liang Li De Ah Mei (月亮里的阿妹) COPPER KNOB

拍數: 32 牆數: 4 級數: Beginner
編舞者: Penny Tan (MY) - August 2024
音樂: Yue Liang Li De Ah Mei (月亮裡的阿妹) (DJ) - Bao Yan Kuai (鮑岩塊) & 李妮妮 (Li Ni Ni)



Dance start from vocal. *No tag No restart!

SEC1: WALK FWD R-L , SYNCOPATED ROCKING CHAIR (x2)

1-2 Walk fwd R , walk fwd L
3&4& Rock RF fwd , recover on L , step RF back , recover on L
5-6 Walk fwd R , walk fwd L
7&8& Rock RF fwd , recover on L , step RF back , recover on L

SEC2: TRAVELLING VOLTA TO L , SYNCOPATED WEAVE TO R , CROSS SHUFFLE

1&2& Cross RF over LF , ball step LF to L , cross RF over LF , ball step LF to L
3&4 Cross RF over LF , ball step LF to L , cross RF over LF
5&6& Cross LF over RF , step RF to R , step LF behind RF , step RF to R
7&8 Cross LF over RF , step RF to R , cross LF over RF

SEC3: 3/4 TURN R FWD SHUFFLE x4

1&2 ¼ turn R , fwd shuffle R-L-R
3&4 ¼ turn R , fwd shuffle L-R-L
5&6 ¼ turn R , fwd shuffle R-L-R
7&8 Fwd shuffle L-R-L

(Note: The 3/8 turn R 4x shuffle should be dances as curve)

SEC4: MAMBO , BOTAFOGO

1&2 Rock RF fwd , recover on L , step RF next to LF
3&4 Rock LF back , recover on R , step LF next to RF
5&6 Cross RF over LF , step LF to L , recover RF on R
7&8 Cross LF over RF , step RF to R , recover LF on L

Have fun and happy dancing!