

Yan Wu Xie Remix (燕无歇)

COPPER KNOB
BY SHEETS

拍數: 32 牆數: 4 級數: Beginner
編舞者: Penny Tan (MY) - September 2024
音樂: Yan Wu Xie (燕无歇) (DJ Yaha版) - Snow (蒋雪儿)



No Tag No Restart

Intro Dance (32C)

iSec1:Vine , Rolling Vine

1-4 Step RF to R , step LF behind RF , step RF to R , touch LF next to RF
5-8 1/4 turn L step LF fwd (9:00) , 1/2 turn L step RF backward (3:00) , 1/4 turn L step LF to L side (12:00),touch RF next to LF

iSec2:Toe Struc R-L , Pivot 1/2 Turn L Hook ,Fwd Shuffle

1-4 Touch R toes fwd , step down R heel , touch L toes fwd , step down L heel
5-6 Step RF fwd , 1/2 turn L , hook LF over RF
7&8 Fwd shuffle L-R-L

iSec3:Repeat iSec1

iSec4:Repeat iSec2

Main Dance

SEC1:SIDE CHASSE ,BACK,RECOVER ,PIVOT 1/4 TURN R CROSS SHUFFLE

1&2 Step RF to R ,step LF next to RF , step RF to R
3-4 Rock LF back (slightly behind RF) ,recover on R
5-6 Step LF fwd , 1/4 turn R , step RF to R (3:00)
7&8 Cross LF over RF , step RF to R , cross LF over RF

SEC2:SWAY R-L , WALK FWD R-L , POINT,1/4 TURN L FLICK , FWD , ROCK , RECOVER , 1/4 TURN L SIDE

1-2 Step RF to R with sway , step on L with sway (or hip bump R-L)
3-4 Walk fwd R , walk fwd L
5&6 Point R toes fwd (5) , 1/4 turn L , flick RF out(&) , step RF fwd(6) (12:00)
7&8 Rock LF fwd , recover on R (&) ,1/4 turn L , step LF to L side (8) (9:00)

SEC3:CROSS ,RECOVER, CROSS , POINT R-L

1-2 Cross RF over LF , recover LF on L
3-4 Cross RF over LF , point L toes to L side
5-6 Cross LF over RF , recover on R
7-8 Cross LF over RF , point R toes to R side (body facing 9:00 on count 8)

SEC4:TOUCH , KICK , BACK SHUFFLE, TOUCH , SIDE , TOUCH , SWAY

1-2 Touch RF next to LF , kick RF diagonally fwd
3&4 Back shuffle R-L-R
&5-6 Touch LF next to RF(&) , big step LF to L side (5) , touch RF next to LF (6)
7-8 Step RF to R with sway , sway L (weight on L)

Have fun and happy dancing!

Last Update: 24 Sep 2024

