

Wo Pang Le You Zen Me Yang (我胖了又怎么样)

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: High Beginner
編舞者: LDLG (SG) - December 2024
音樂: Wo Pang You Zen Me Yang (我胖又怎麼樣) (Dj小桐版) - Li Fa Fa (李發發)



*1st Intro before the Main Dance ; 2nd Intro dance after wall 4 +Tag (Facing 12:00)

Intro: 32c

Forward mambo ,back mambo, right/left side mambo, right side recover cross cha cha, left recover cross cha cha

Section 1

1&2, 3&4 -- RF forward, LF paste RF step beside LF, LF step back, RF paste, LF step beside RF
5&6, 7&8 -- RF step right, LF recover, RF step beside LF, LF step left, RF recover, LF step beside RF

Section 2

1,2 3&4 -- RF step right, LF recover, RF cross over LF , LF step left, RF cross over LF
5,6,7&8 -- LF step left, RF recover, LF cross over RF , RF step right , LF cross over RF

Forward mambo ,back mambo, right/left side mambo,V step, Side touch

Section 3

1&2, 3&4 -- RF forward, LF paste RF step beside LF, LF step back, RF paste, LF step beside RF
5&6, 7&8 -- RF step right, LF recover, RF step beside LF, LF step left, RF recover, LF step beside RF

Section 4

1,2,3,4 -- Step right foot out and forward to right, left foot forward and out to left; Step right foot in, left foot in.
5,6,7,8 -- 1/4 left turn , RF out touch(9:00), 1/4 left turn, RF out touch(6:00), 1/4 left turn , RF side touch(3:00), 1/4 left turn , RF touch beside LF

Main Dance

Section 1 Right/left side mambo, back right/left diagonal hop touch , left hop, right hop, left hop.

1&2, 3&4 -- RF step right, LF recover, RF step beside LF, LF step left, RF recover, LF step beside RF
5&6,7&8 -- Back Diagonal hop touch x4

Section 2 Open Rumbo Box - RF side together forward shuffle, LF side together forward shuffle

1,2,3&4 -- RF step right, LF together, RF forward, LF step beside RF , RF forward
5,6,7&8 -- LF step left, RF together, LF forward, RF step beside LF , LF forward .

Section 3 RF hitch, side point, forward point, side touch, sailor 1/4 right, , LF sailor 1/2 left turn

1,2,3,4 -- RF forward hitch, side touch, forward touch ,side touch
5&6, 7&8 -- RF sweep back(1/4 turn right), LF step side, RF step side ; LF sweep back (1/2 turn left), RF step side, LF step forward.

Section 4 Forward 1/4 pivot , cross cha cha, 3/4 left turn forward touch.

1,2,3,&4 -- RF step forward, pivot 1/4 left turn, LF recover, RF cross over LF, LF step side, RF cross.
5,6,7,8 -- 1/4 right turn LF step back, 1/2 right RF forward, LF forward, RF point beside LF

Tag : Side touch , side touch.

After wall 4 , 2nd Intro and wall 9 (facing 9:00)

