

Hao Gu Niang (好姑娘)

COPPER KNOB
STEPSHETS

拍數: 32 牆數: 4 級數: Beginner
編舞者: Penny Tan (MY) - February 2025
音樂: Hao Gu Niang (好姑娘) by Li XiaoJie (李晓杰) (DJR7 抖音版)



Dance start from vocal "Niang" - Tag x4 / No Restart

*Tag1 (4C) at the end of W2 (6:00) , W4 (12:00) , W12 (12:00)

**Tag2 (8C) at the end of W8 (12:00)

***Tag1 (4C):V Step**

1-4 Step RF fwd diagonally , step LF fwd diagonally , step RF back to center , step LF next to RF

****Tag2 (8C):V Step , Side Touch (R-L)**

1-4 Step RF fwd diagonally , step LF fwd diagonally , step RF back to center , step LF next to RF

5-8 Step RF to R , touch LF next to LF, step RF to R , touch LF next to LF

SEC1:ROCKING CHAIR , ¼ TURN L SWAYS

1-4 Rock RF fwd , recover on L , step RF back , recover on L

5-8 ¼ turn L , step RF to R with sway R-L-R-L (weight on L)

SEC2:1/4 TURN R BACK SHUFFLE (R-L) , BACK, RECOVER , WALK FWD (R-L)

1&2 ¼ turn R , back shuffle R-L-R

3&4 Back shuffle L-R-L

5-6 Step RF back , recover on L

7-8 Walk fwd R , walk fwd L

SEC3:LINDY , BACK , RECOVER, SIDE,BEHIND ,SIDE CHASSE

1&2 Step RF to R , step LF next to RF , step RF to R

3-4 Rock LF behind RF, recover on R

5-6 Step LF to L , cross RF behindLF

7&8 Step LF to L , step RF next to LF , step LF to L

SEC4:FWD,RECOVER ,1/4 TURN R SIDE CHASSE, FWD, RECOVER , COASTER STEP

1-2 Step RF fwd , recover on L

3&4 ¼ turn R , step RF to R , step LF next to RF, step RF to R

5-6 Step LF fwd , recover on R

7&8 Step LF back , step RF next to LF, step LF fwd