

Embrace the Dance (Qi Wu 起舞)

COPPERKNOB
STEPSHEETS

拍數: 64 牆數: 4 級數: Improver
編舞者: Ping Chen (CN) - March 2025
音樂: Qi Wu (起舞) - Zha Xi Ping Cuo (扎西平措)



Seq: AABBA AABBA

Intro : 32

PART A:32

[1-8] String Step, Side,Beside,Side, Beside

1-2-3-4 Step R to R , Cross L over R, Step R to R, Point L heel to L
5-6 Step L to L, Step R beside L
7-8 Step L to L, Touch R toe beside L

[9-16] 1/8L Rocking Chair x2 ,1/8L Scissors, L Chasse

1&2& Turn 1/8 L (10:30)Rock R Fwd , Recover weight to L, Rock R back , Recover weight to L
3&4& Rock R Fwd , Recover weight to L, Rock R back , Recover weight to L
5&6 Turn 1/8 L (9:00)Step R to R, Step L beside R, Cross R over L
7&8 Step L to L, Step R beside L,Step L to L

[17-24] Fwd Chasse,Pivot,Fwd Chasse ,1/4L Pivot Flick

1&2 Step R Fwd , Lock L behind R, Step R Fwd
3-4 Steo L Fwd , Turn 1/2R weight to R(3:00)
5&6 Step L Fwd , Lock R behind L, Step L Fwd
7-8 Step R Fwd, Turn1/4L weight to R and Flick R(12:00)

[25-32] Samba x2, 1/4R Jazz Box

1&2 Cross R over L,Step L to L,Step R in place
3&4 Cross L over L,Step R to R,Step L in place
5-6-7-8 Cross R over L, Turn 1/4R Step L back(3:00), Step R to R, Cross L over R

PART B:32

[1-8] Switch, Point,Hook,Point,Beside, Switch, Point,Hook,Beside

1&2& Point R heel Fwd , Step R beside L, Point L heel Fwd,Step L beside R
3&4& Point R heel Fwd,Hook R over L,Point R heel Fwd,Step R beside L
5&6& Point L heel Fwd,Step L beside R,Point R heel Fwd , Step R beside L
7&8 Point L heel Fwd,Hook L over R,Step L beside R

[9-16] 1/4R Chasse,1/2R Chasse x3

1&2 Turn 1/4 R Step R Fwd , Step L beside R,Step R Fwd
3&4 Turn 1/4 R Step L to L,Turn 1/4 R Step R beside L,Step L back
5&6 Turn 1/4 R Step R to R,Turn 1/4 R Step L beside R,Step R Fwd
7&8 Turn 1/4 R Step L to L,Turn 1/4 R Step R beside L,Step L back

[17-24] Switch, Point,Hook,Point,Beside, Switch, Point,Hook,Beside

1&2& Point R heel Fwd , Step R beside L, Point L heel Fwd,Step L beside R
3&4& Point R heel Fwd,Hook R over L,Point R heel Fwd,Step R beside L
5&6& Point L heel Fwd,Step L beside R,Point R heel Fwd , Step R beside L
7&8 Point L heel Fwd,Hook L over R,Step L beside R

[25-32] 1/4R Chasse,1/2R Chasse x3

1&2 Turn 1/4 R Step R Fwd , Step L beside R,Step R Fwd
3&4 Turn 1/4 R Step L to L,Turn 1/4 R Step R beside L,Step L back
5&6 Turn 1/4 R Step R to R,Turn 1/4 R Step L beside R,Step R Fwd
7&8 Turn 1/4 R Step L to L,Turn 1/4 R Step R beside L,Step L back

HAVE FUN & SMILE!!

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