

Kung Fu

拍數: 0 牆數: 4 級數: Intermediate
編舞者: Sandra Kent
音樂: Kung Fu Fighting - Carl Douglas & Bus Stop



Sequence: AABA AABA CABB

PART A:

FRONT, SIDE, SAILOR, WEAVE

- 1 Step right across left
- 2 Step left to left side
- 3&4 Step right behind left, step left together, step right to side
- 5&6 Step left over right, step right to side, step left behind right
- &7 Step right side, step left across right
- 8 Touch right toe to side

HEEL & TOES

- 9&10 Touch right heel forward, jump right together, touch left toe back
- &11 Jump left together, touch right heel forward
- &12 Double clap
- &13 Jump right together, touch left toe back
- &14 Jump left together, touch right heel forward
- &15 Jump right together, touch left toe back
- &16 Double clap

SHUFFLE, TURN, ROCK & KICK BALL CHANGES

- 17&18 Shuffle left to left
- 19 Quarter turn right rock back right
- 20 Rock forward left
- 21&22 Right kick ball change traveling forward
- 23&24 Right kick ball change traveling forward

ROCK, TURN, SHUFFLES

- 25 Rock forward right
- 26 Rock back left
- 27&28 Turn half right shuffle forward right, left, right
- 29 Rock forward left
- 30 Rock back right
- 31&32 Turn half left shuffle forward left, right, left

PART B:

ROCK, COASTER, ROCK, SAILOR

- 1 Rock forward right
- 2 Rock back left
- 3&4 Step back right, step left together, step forward right
- 5 Quarter turn right rock left to side
- 6 Return weight right

At same time: reach left arm out to left side and bend right arm across chest towards left.

- 7&8 Step left behind right, step right together, step left to side

Part B is repeated another 3 times, you will have done a full turn in 32 counts. Coming back to face the wall you began Part B at.

PART C:

KICK, KICK, CHA

- 1 Kick right forward
- 2 Kick right back while turning half right
- 3&4 Cha-cha on spot right, left, right
- 5 Kick left forward
- 6 Kick left back while turning half left
- 7&8 Cha-cha on spot left, right, left

FRONT, SIDE, SAILOR

- 9 Touch right toe forward
- 10 Touch right toe side
- 11&12 Step right behind left, step left together, step right to side
- 13 Touch left toe forward
- 14 Touch left toe side
- 15&16 Step left behind right, step right together, step left to side

KICK, KICK, CHA

- 17 Kick right forward
- 18 Kick right back while turning half right
- 19&20 Cha-cha on spot right, left, right
- 21 Kick left forward
- 22 Kick left back while turning half left
- 23&24 Cha-cha on spot left, right, left

FRONT, SIDE, SAILOR

- 25 Touch right toe forward
- 26 Touch right toe side
- 27&28 Step right behind left, step left together, step right to side
- 29 Touch left toe forward
- 30 Touch left toe side
- 31&32 Step left behind right, step right together, step left to side

FRONT, SIDE, FRONT, SIDE

- 33 Touch right toe forward
 - 34 Touch right toe side
 - 35 Touch right toe forward
 - 36 Touch right toe side
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