

# Shaolin Dance

COPPERKNOB  
BY SHEETS

拍數: 36      牆數: 2      級數: Improver  
編舞者: Henry Costa (USA)  
音樂: Blue Heart (心藍) - Andy Lau (劉德華)



## FORWARD, FORWARD, CROSS UNWIND ½ TURN TRIPLE STEP, FORWARD, FORWARD, CROSS UNWIND ¾ TURN TRIPLE STEP

- 1-2            Step forward right, step forward left  
3&4           Cross right in front of left (weight on ball of foot, heel raised), left step with turn (on ball of left foot - starting turn to left), right step next to left (½ turn triple step completed - drop down heel of right so weight is throughout right)  
5-6            Step forward left, step forward right  
7&8           Cross left in front of right (weight on ball of foot, heel raised), right step with turn (on ball of right - starting turn to right), left step next to right (¾ turn triple step completed - drop down heel of left so weight is throughout left)

## FORWARD, FORWARD, CROSS UNWIND ½ TURN TRIPLE STEP, FORWARD, FORWARD, CROSS UNWIND ¾ TURN TRIPLE STEP

- 1-2            Step forward right, step forward left  
3&4           Cross right in front of left (weight on ball of foot, heel raised), left step with turn (on ball of left foot - starting turn to left), right step next to left (½ turn triple step completed - drop down heel of right so weight is throughout right)  
5-6            Step forward left, step forward right  
7&8           Cross left in front of right (weight on ball of foot, heel raised), right step with turn (on ball of right - starting turn to right), left step next to right (¾ turn triple step completed)

## BACK, RECOVER, STEP, BACK, RECOVER, STEP, BACK, RECOVER, STEP, BACK, RECOVER, STEP

- 1&2            Step back right, recover weight on left, right next to left (weight now on right)  
3&4            Step back left, recover weight on right, left next to right (weight now on left)  
5&6            Step back right, recover weight on left, right next to left (weight now on right)  
7&8            Step back left, recover weight on right, left next to right (weight now on left)

## RIGHT HIP BUMP, RIGHT HIP BUMP, LEFT HIP BUMP, LEFT HIP BUMP, RIGHT, LEFT, RIGHT, LEFT HIP SWAYS IN PLACE

- 1-2            Right hip bump, right hip bump (2 hip bumps to right side in place)  
3-4            Left hip bump, left hip bump (2 hip bumps to left side in place)  
5-6            Right hip sway to right, left hip sway to left (both done in place)  
7-8            Right hip sway to right, left hip sway to left (both done in place - weight transferred to left)

## RIGHT STEP FORWARD, ½ PIVOT, RIGHT STEP FORWARD, ½ PIVOT

- 1-2            Right step forward, ½ pivot left (weight transfers to left)  
3-4            Right step forward, ½ pivot left (weight transfers to left)

REPEAT