Sleepless For Leslie

拍數: 48

級數: Intermediate

編舞者: Jolene Pearly Vun (MY)

音樂: Mou Sam Sui Min (Sleepless) - Leslie Cheung

Dedicated to the late Leslie Cheung who left us on 01-April-2003, from the die hard fan

HIP BUMPS

- 1-2 Two hip bumps to the left
- 3-4 Two hip bumps to the right
- 5-6 Hip bumps to the left and right
- Two hip bumps to the left 7-8

HIP BUMPS FORWARD, VINE WITH ½ TURN LEFT

- 1-2 Touch right foot forward, bump hips to the right twice
- 3-4 Touch left foot forward, bump hips to the left twice
- 5-6 Cross right foot behind left foot, step left foot to the left making 1/4 turn to the left
- 7-8 Step right foot forward and making ¼ left turn, step left foot besides right foot (weight on left) (facing 06:00)

STEP POINT (TWICE), ROCK, RECOVER, SIDE ROCK RIGHT & LEFT

- 1-2 Step right across left and point left to the left
- 3-4 Step left across right and point right to the right
- 5-6 Step right across left, recover on left
- 7-8 Step rock right to the right and side rock to the left

Arms movement

- Swing right arm diagonally backward from left to right, starting from the chest level towards 5 right hip
- 6 Swing right arm diagonally forward from right to left, up to the chest
- 7 Swing right arm upwards to the right
- 8 Swing left arm upwards to the left
- 7-8, arm upwards make a "v" shape

BACK ROCK, RECOVER, CHASSE RIGHT, BACK ROCK, RECOVER, CHASSE LEFT

- 1-2 Rock right behind left, recover on left
- 3&4 Chassis to the right (right, left, right)
- 5-6 Rock left behind right, recover on right
- 7&8 Chassis to the left (left, right, left)

TOE STRUT FORWARD (TWICE), ROCK FORWARD, RECOVER, RIGHT COASTER STEP

- 1-2 Right toe strut forward
- 3-4 Left toe strut forward
- 5-6 Rock forward with right foot, recover weight back to left foot
- 7&8 Right coaster step

LEFT TOE STRUT FORWARD, ¼ RIGHT TURN WITH A RIGHT TOE STRUT, TOE TAP FORWARD, BACK IN PLACE (TWICE)

- 1-2 Left toe strut forward
- 3-4 1/4 right turn with right toe strut forward
- 5-6 Tap left toe forward, step back left beside right
- 7-8 Tap right toe forward, step back right beside left

Arms movement



牆數: 4

- 5 Right arm forward and left arm back with both elbows ¼ turn (hands point upwards) with a body twist, face must look to the front
- 6 Drop both arms down
- 7 Left arm forward and right arm back with both elbows ¼ turn (hands point upwards) with a body twist, face must look to the front
- 8 Drop both arms down

REPEAT