

2 Butterflies

拍數: 64 牆數: 2 級數: Improver
編舞者: Winnie Yu (CAN)
音樂: Two Scalewings (Mandarin Version) - Pang Long



This dance is dedicated to my student Clara Fung, a new grandmother

ROLLING VINE RIGHT, ROLLING VINE LEFT

- 1-2 Step right ¼ turn right. On ball of right make ½ turn right stepping back left
- 3-4 On ball of left make ¼ turn right stepping right to right, touch left beside right
- 5-6 Step left ¼ turn left. On ball of left make ½ turn left stepping back right
- 7-8 On ball of right make ¼ turn left stepping left to left, touch right beside left

(CROSS ROCK, RECOVER, ROCK, HOLD) TWICE

- 1-2 Cross rock right over left, recover back onto left
- 3-4 Rock forward on right (in place), hold
- 5-6 Cross rock left over right, recover back onto right
- 7-8 Rock forward on left (in place), hold

(RUMBA BOX, HOLD) TWICE

- 1-2 Step right to right, step left next to right
- 3-4 Step backward on right, hold
- 5-6 Step left to left side, step right next to left
- 7-8 Step forward on left, hold

VINE RIGHT, ½ TURN, STEPS BACK, TOUCH

- 1-2 Step right to right, cross step left behind right
- 3-4 Make ¼ turn right stepping right forward, make ¼ turn right on ball of right with left touch next to right (6:00)
- 5-8 Step back - left, right, left, touch right next to left

(RIGHT CROSS ROCK, RECOVER, RIGHT SIDE ROCK, RECOVER) TWICE

- 1-2 Cross rock right over left, recover back onto left
- 3-4 Rock right to right, recover back onto left
- 5-8 Repeat section 5, counts 1-4

BOX SHUFFLES

- 1&2 Make ¼ turn left stepping right to right, step left next to right, step right to right (3:00)
- 3&4 Make ¼ turn left stepping left to left, step right next to left, step left to left (6:00)
- 5&6 Make ¼ turn left stepping right to right, step left next to right, step right to right (9:00)
- 7&8 Make ¼ turn left stepping left to left, step right next to left, step left to left (12:00)

VINE RIGHT, SCUFF, VINE LEFT, SCUFF

- 1-2 Step right to right, cross step left behind right
- 3-4 Step right to right, scuff left
- 5-6 Step left to left, cross step right behind left
- 7-8 Step left to left, scuff right

(STEP, PIVOT ¼ TURN) X 3

- 1-2 Step forward on right, rolling hip to the left, pivot ¼ turn left (weight back on left)
- 3-8 Repeat counts 1-2 three more times (6:00)

REPEAT

TAG

After wall 1

(HIP SWAY, HOLD) TWICE

1-4 Right hip sway, hold, left hip sway, hold

TAG

After wall 2

(HIP SWAY, HOLD) TWICE

1-4 Right hip sway, hold, left hip sway, hold

(HIP SWAY, HOLD) TWICE, ROCK, RECOVER, SIDE, HOLD

1-4 Right hip sway, hold, left hip sway, hold

5-8 Rock forward on right, recover back onto left, step right to right, hold

9-12 Left hip sway, hold, right hip sway, hold

13-16 Rock forward on left, recover back onto right, step left to left, hold

(HIP SWAY, HOLD) TWICE, ROCK, RECOVER, ½ TURN, HOLD

1-4 Right hip sway, hold, left hip sway, hold

5-8 Rock forward on right, recover back onto left, make ½ turn right stepping forward on right, hold (6:00)

9-12 Left hip sway, hold, right hip sway, hold

13-16 Rock forward on left, recover back onto right, make ½ turn left stepping forward on left, hold (12:00)

(HIP SWAY, HOLD) TWICE, ROCK, RECOVER, ½ TURN, HOLD

1-4 Right hip sway, hold, left hip sway, hold

5-8 Rock forward on right, recover back onto left, make ½ turn right stepping forward on right, hold (6:00)

9-12 Left hip sway, hold, right hip sway, hold

13-16 Rock forward on left, recover back onto right, step left to left, hold
