

Gong Xi Gong Xi

拍數: 0 牆數: 1 級數: Improver
編舞者: Linda Quek
音樂: Gong Xi Gong Xi (Congrats Congrats) - M-100



Sequence: ABCD CCD CBD

PART A (INTRO)

HIP BUMPS

- 1-2 Step right feet forward while hip bumps to the right twice (weight on right)
- 3-4 Hip bumps to the right twice (weight on right)
- 5-6 Step left feet forward while hip bumps to the left twice (weight on left)
- 7-8 Hip bumps to the left twice (weight on left)

Arm movement:

- 1-4 Using right hand, knuckles facing towards face at eye level, moving arm to right
- 5-8 Using left hand, knuckles facing towards face at eye level, moving arm to left

RIGHT STEP POINT, LEFT STEP POINT, STEP BACK POINT FORWARD, STEP FORWARD POINT BACKWARD

- 9-10 Step right to right, point left beside right (arms swaying right and snap fingers)
- 11-12 Step left to left, point right beside left (arms swaying left and snap fingers)
- 13-14 Step right backward, point left toe forward (arms swaying slightly backward and snap fingers)
- 15-16 Step left forward, point right toe backward (arms swaying slightly forward and snap fingers)

- 17-32 Repeat 1-16

PART B

STEP KICK STEP KICK SIDE TOGETHER SIDE POINT

- 1-2 Right foot to right side, left kick diagonal right forward
- 3-4 Left foot to left side, right kick diagonal left forward
- 5-6 Right foot to right side, left foot beside right
- 7-8 Right foot to right side, left touch beside right
- 9-16 Repeat the above commencing left foot to left side

SIDE TOGETHER SIDE SHUFFLE (TWICE)

- 17-18 Step right foot to right side, step left foot beside right
- 19&20 Shuffle to the right, right-left-right
- 21-22 Step left foot to left side, step right beside left
- 23&24 Shuffle to the left, left-right-left

STEP LOCK SHUFFLE (TWICE)

- 25-28 Step forward right foot, step left behind right, shuffle forward right-left-right
- 29-32 Step forward left foot, step right behind left, shuffle forward left-right-left

KNEE POPS

- 33-36 Pop right knee in towards left, hold, pop left knee in towards right, hold
- 37-40 Pop knees right, left, right, hold (weight ends on left)
- 41-48 Repeat 33-40

PART C

STEP, HEEL, STEP, HEEL, VINE WITH HEEL TOUCH

- 1-2 Step right to right, touch left heel diagonally forward

- 3-4 Step left to left, touch right heel diagonally forward
- 5-6 Step right to right, step left behind right
- 7-8 Step right to right, touch left heel diagonally forward

STEP, HEEL, STEP, HEEL, VINE WITH ¼ TURNS LEFT & SCUFF

- 9-10 Step left to left, touch right heel diagonally forward
- 11-12 Step right to right, touch left heel diagonally forward
- 13-14 Step left to left, step right behind left
- 15-16 Step left to left and make a ¼ turn left, scuff right forward

STEP LOCK SHUFFLE (TWICE)

- 25-28 Step forward right foot, step left behind right, shuffle forward right-left-right
- 29-32 Step forward left foot, step right behind left, shuffle forward left-right-left

MONTEREY ½ TURN RIGHT (TWICE)

- 25-26 Point right to right, on ball of left make ½ turn right, step right beside left
- 27-28 Touch left to left side, step left beside right
- 29-30 Point right to right, on ball of left make ½ turn right, step right beside left
- 31-32 Touch left to left side, step left beside right

KNEE POPS

- 33-36 Pop right knee in towards left, hold, pop left knee in towards right, hold
- 37-40 Pop knees right, left, right, hold (weight ends on left)
- 41-48 Repeat 33-40

PART D

ROCK, RECOVER, TRIPLE ½ TURN

- 1-2 Rock forward right, rock back on left
- 3&4 Make a ½ turn right shuffle, forward right-left-right
- 5-6 Rock forward left, rock back on right
- 7&8 Make a ½ turn left shuffle, forward left-right-left

SIDE ROCK, CROSS SHUFFLE, PIVOT ½ TURN, STEP AND KICK

- 9-10 Rock right to right, recover on left
- 11&12 Cross right over left, step left to left, cross right over left
- 13-14 Step left forward and make a ¼ turn right, step forward on right making a ¼ turn right
- 15-16 Step left beside right, kick right forward

- 17-32 Repeat 1-16
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