

Bless You

拍數: 32 牆數: 2 級數: Improver social cha
編舞者: Edwin Cheow (MY)
音樂: Bless You (Dance Mix) - Hokkien



ROCK RIGHT, RECOVER, CROSS SHUFFLE RIGHT-LEFT-RIGHT, KNEE ROLL DIAGONALLY LEFT TWICE OUTWARDS

1-2 Step right to right, recover
3&4 Step right over left, step left behind right, step right over left
5-6 Knee roll on left diagonally outwards (weight on right)
7-8 Knee roll on left diagonally outwards (weight on right)

ROCK LEFT, RECOVER, CROSS SHUFFLE LEFT-RIGHT-LEFT, KNEE ROLL DIAGONALLY RIGHT TWICE OUTWARDS

1-2 Step left to left, recover
3&4 Step left over right, step right behind left, step left over right
5-6 Knee roll on right diagonally outwards (weight on left)
7-8 Knee roll on right diagonally outwards (weight on left)

PIVOT ½ TURN LEFT, SHUFFLE FORWARD RIGHT-LEFT-RIGHT, ROCK FORWARD, SHUFFLE BACKWARD LEFT-RIGHT-LEFT

1-2 Step right forward, ½ turn left
3&4 Step right forward, step left behind right, step right forward
5-6 Step left forward, recover
7&8 Step left back, step right over left, step left back

CROSS ROCK RIGHT(NEW YORK RIGHT), RECOVER, CHASSE RIGHT, CROSS ROCK LEFT(NEW YORK LEFT), RECOVER, CHASSE LEFT

1-2 Step right over left, recover (hands New York)
3&4 Step right to right, step left beside right, step right to right
5-6 Step left over right, recover (hands New York)
7&8 Step left to left, step right beside left, step left to left repeat

REPEAT

TAG

Beginning of 3rd, 8th and 9th wall

STEP RIGHT DIAGONALLY FORWARD, HOLD, STEP LEFT DIAGONALLY FORWARD, HOLD, ROCK BACK, RECOVER, SHUFFLE FORWARD RIGHT-LEFT-RIGHT

1-2 Step right diagonally forward, hold with (optional: hands movement according to music)
3-4 Step left diagonally forward, hold with (optional: hands movement according to music)
5-6 Step right back, recover
7&8 Step right forward, step left behind right, step right forward

SWAY LEFT, ¼ TURN RIGHT, SWAY LEFT, ¼ TURN RIGHT, ROCK LEFT FORWARD, RECOVER, COASTER STEP LEFT

1-2 Step left forward with hip bumps to left, recover with hip bumps to right with ¼ turn right
3-4 Step left forward with hip bumps to left, recover with hip bumps to right with ¼ turn right
5-6 Step left forward, recover
7&8 Step left back, step right beside left, step left forward

17-32 Repeat step 1-16

