

Ai Ni

拍數: 48 牆數: 4 級數: Easy Intermediate
編舞者: BM Leong (MY) - March 2008
音樂: Ai Ni - Cyndi Wang



Sequence of dance: Intro/32/48/32/24/48/32/24/48/32

Start after the words "ai ni"

INTRO (do once only)

1-2 Step right to right side, kick left over right
3-4 Step left to left side, kick right over left
5-8 Repeat counts 1-4

1-2 Walk forward on right, walk forward on left
3-4 Walk forward on right, step left together
5-6 Bend both knees, straighten knees
7-8 Bend both knees, straighten knees

1-4 Walk backward on RLR, step left together

MAIN DANCE

STOMP RLR, STEP, STOMP LRL, STEP

1-2 Stomp right forward diagonally, stomp left forward diagonally
3-4 Stomp right forward diagonally, step right down on same spot
5-6 Stomp left forward diagonally, stomp right forward diagonally
7-8 Stomp left forward diagonally, step left down on same spot

ROCK, RECOVER, COASTER STEP, STEP, PIVOT HALF TURN RIGHT, TRIPLE HALF TURN RIGHT

1-2 Rock right forward, recover onto left
3&4 Coaster step on RLR
5-6 Step left forward, pivot 1/2 turn right
7&8 Triple 1/2 turn right on LRL

BACK, HITCH, BACK, HITCH, WALK, WALK, HIP BUMPS

1-2 Step right back diagonally, hitch left knee
3-4 Step left back diagonally, hitch right knee
5-6 Walk forward on right, walk forward on left
7&8& Step right forward bumping hips forward/back/forward/back

WALK BACK RLR, POINT, 1/4 TURN LEFT BEND AND STRAIGHTEN KNEES

1-2 Walk back on right, walk back on left
3-4 Walk back on right, point left toes forward (point left hand forward, right hand up)
5-6 1/4 turn left bending both knees, straighten knees
7-8 Bend both knees, straighten knees

CROSS SHUFFLE X 2, BACK SHUFFLE, COASTER STEP

1&2 Cross shuffle on RLR
3&4 Cross shuffle on LRL
5&6 Back shuffle on RLR
7&8 Coaster step on LRL

TWIST RIGHT, TWIST LEFT, JUMP FORWARD, CLAP, JUMP BACKWARD, CLAP

1&2 Twist to right side on heels / toes / heels

3&4 Twist to left side on heels / toes / heels

5-6 Jump forward on both feet, clap

7-8 Jump back on both feet, clap

RESTARTS during walls 1,3 &6 after 32 counts and during walls 4 &7 after 24 counts.
