

He Xin Nian

拍數: 0 牆數: 2 級數: Phrased Beginner
編舞者: Lee Yoke Pheng - January 2010
音樂: He Xin Nian (贺新年) - Zhang Xiao Ying (张小英)



Sequence of dance: AAB/AAB

Start after 24 counts on the word "nian" of starting lyrics " Guo xin nian....."

SECTION A

CROSS-CROSS-BACK-SIDE X 2

- 1-2 Cross right over left, cross left over right
- 3-4 Step right diagonally back, step left to left side
- 5-8 Repeat above 4 counts.

PIVOT-TURN, FORWARD CHA CHA, STEP, ¼ TURN RIGHT, SIDE CHA CHA

- 1-2 Step right forward, pivot ½ turn left
- 3&4 Cha cha forward on RLR
- 5-6 Step left forward, ¼ turn right on right
- 7&8 Cha cha to left side on LRL

CHARLESTON, PIVOT-TURN, FORWARD CHA CHA

- 1-2 Touch right forward, step right back
- 3-4 Touch left back, step left forward
- 5-6 Step right forward, pivot ½ turn left
- 7&8 Cha cha forward on RLR

BOX-STEP, COASTER STEP, STEP, ¼ TURN LEFT

- 1&2 Step left to left side, step right together, step left forward
- 3&4 Step right to right side, step left together, step right back
- 5&6 Coaster step on LRL
- 7-8 Step right forward, pivot ¼ turn left (6.00)

SECTION B

WALK FORWARD RLR, TOUCH

- 1-2 Walk forward on right, walk forward on left
- 3-4 Walk forward on right, touch left together with both hands in gongxi greeting style.
- 5-6 Walk backward on left, walk backward on right
- 7-8 Walk backward on left, touch right together with both hands in gongxi greeting style.

(Gongxi greeting – hold right fist with left palm about 10 inches away from chest)

RIGHT & LEFT ROLLING VINES

- 1-4 Right rolling vine on RLR, touch left together
- 5-8 Left rolling vine on LRL, touch right together