

Turn And Look

拍數: 68 牆數: 4 級數: Low Intermediate
編舞者: BM Leong (MY) - November 2010
音樂: Kuai Hui Tou Wang Yi Wang (快回頭望一望) - Long Piao-Piao (龍飄飄)



Sequence of dance : 68/68/40/68/36/40/68/36
Start the dance on vocal after 16 counts of hard beats.

WALK, WALK, FORWARD CHA CHA, FORWARD ROCK, BACK CHA CHA

1-2 Walk forward on right, walk forward on left
3&4 Cha cha forward on RLR
5-6 Rock left forward, recover onto right
7&8 Cha cha backward on LRL

BACK, SIT, LOOK BACK, LOOK FORWARD, LEFT & RIGHT DIAGONAL FORWARD CHA CHA

1-2 Step right back, sit onto right
3-4 Turn head to look back, look forward
5&6 Along left diagonal, cha cha forward on LRL
7&8 Along right diagonal, cha cha forward on RLR

LEFT AND RIGHT ROLLING VINES WITH TOUCH

1-2 Turning 1/4 left step left forward, turning 1/4 left step right to right side
3-4 Turning 1/2 left step left to left side, touch right together
5-6 Turning 1/4 right step right forward, turning 1/4 right step left to left side
7-8 Turning 1/2 right step right to right side, touch left together

HIP BUMPS RLL, FIGURE OF EIGHT HIP ROLL

1-2 Stepping left slightly forward bump hips left twice
3-4 Bump hips right twice
5-8 Roll your hips to the left to start the figure of 8 hip roll.
(or Bump hips LRL, hold)

RIGHT TOE STRUT, LEFT TOE STRUT TURNING 1/4 LEFT, ROCKING CHAIR

1-2 Touch right toes forward, step right heel down
3-4 Turning 1/4 left touch left toes forward, step left heel down
5-6 Rock right forward, recover onto left
7-8 Rock right back, recover onto left

CROSS, POINT, CROSS, POINT, FORWARD ROCK, COASTER STEP

1-2 Cross right over left, point left to left side
3-4 Cross left over right, point right to right side
5-6 Rock right forward, recover onto left
7&8 Coaster step on RLR

BACK AND FORWARD CHA CHA BASICS

1-2 Rock left forward, recover onto right
3&4 Cha cha backward on LRL
5-6 Rock right back looking back, recover onto left looking forward
7&8 Cha cha forward on RLR

PIVOT TURN, PIVOT TURN, FORWARD ROCK, COASTER STEP

1-2 Step left forward, pivot 1/2 turn right
3-4 Step left forward, pivot 1/2 turn right

5-6 Rock left forward, recover onto right
7&8 Coaster step on LRL

HIP BUMPS

1-4 Bump hips RRLl

RESTARTS during walls 3 and 6 after 40 counts and wall 5 after 36 counts.

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