

Sing Loud

拍數: 72 牆數: 2 級數: Phrased Improver
編舞者: Janet (Zhen Zhen) Ge (CN) - September 2011
音樂: Da Sheng Chang (大聲唱) - Phoenix Legend (鳳凰傳奇) : (3:39)



Intro: 4X8 count (23Sec) - Dance Sequence: AB / AA / AB / BA

Part A (32 counts)

[1-8] Side, Recover, Cross shuffle, Side, Recover, Cross shuffle

12 Rock right to side, recover on left.
3&4 Cross right over left, step left to left, cross right over left.
56 Rock left to side, recover on right.
7&8 Cross left over right, step right to right, cross left over right.

[9-16] Side, Touch, Side, Touch, Cross, Pivot 3/4 Turn Left, Fwd Shuffle

12 Step right to right, touch left toe diagonal R.
34 Side left to left, touch right toe diagonal L.
56 Cross Right over left, pivot 3/4 turn left.
7&8 Step right forward, step left next to right, step right forward.(3:00)

[17-24] Rocking Chair, Rock, Pivot 1/2 Turn Right, Fwd, Rocking Chair, Rock, Pivot 1/4 Turn Left, Cross

1&2& Rock left forward, recover on right, rock left back, recover on right.
3&4 Rock left forward, pivot 1/2 turn right, step left forward.
5&6& Rock right forward, recover on left, rock right back, recover on left.
7&8 Rock right forward, pivot 1/4 turn left, cross right over left.(6:00)

[25-32] Side, Together, Back, Kick, Side, Together, Back, Kick, Back, Recover, Fwd shuffle

1&2& Step left to left, step right next to left, step left back, kick right forward.
3&4& Step right to right, step left next to right, step right back, kick left forward.
56 Step left back, recover on right.
7&8 Step left forward, step right next to left, step left forward.

Part B (40 counts)

[1-8] Side, behind, Recover, Side, behind, Recover, Walk 3/4 Turn Right

12& Step right to side,, cross left behind right, recover on right.
34& Step left to side,, cross right behind left, recover on left.
5678 Wall R,L,R,L 3/4 turn right.(9:00)

[9-16] Walk 1/2 Turn Left, Fwd Mambo, Back Mambo

1234 Wall L,R,L,R 1/2 turn left.
5&6 Step right forward, recover on left, step right next to left.
7&8 Step left back, recover on right, step left next to right.(3:00)

[17-20] Right Side Mambo, Left Side Mambo

1&2 Rock right to side, recover on left, step right next to left.
3&4 Rock left to side, recover on right, step left next to right.

[21-40] Repeat 1-20

Note: please refer to the video for Hand's movement

Happy Dancing!

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