

Happy Dragon

COPPER KNOB
STEPSHEETS

拍數: 88 牆數: 4 級數: Phrased Low Intermediate
編舞者: BM Leong (MY) - December 2011
音樂: Kai Xin Le Long Long (開心樂龍龍) - MY ASTRO



Start the dance after 32 counts. - Sequence of dance: A/BBA(4)BB/A(16)/BBB/A(4)

SECTION A - 56 counts

SIDE ROCK X 2, BODY SHAKE

1-2 Rock right to right side, recover onto left
3-4 Rock weight onto right, recover onto left
(raise left hand over your head to the right)
5&8&7&8 Stepping right together, shake body and lower & raise elbows RLRLRLR

SIDE ROCK X 2, BODY SHAKE

1-8 Do a mirror of the above 8 counts starting with your left.

HEEL, TOGETHER, HEEL, TOGETHER, RIGHT ROLLING VINE RLR, TOUCH

1-2 Touch right heel forward, step right together
3-4 Touch left heel forward, step left together
5-8 Right rolling vine on RLR, touch left together
(Gong xi hands for counts 1& 3)

HEEL, TOGETHER, HEEL, TOGETHER, LEFT ROLLING VINE LRL, TOUCH

1-2 Touch left heel forward, step left together
3-4 Touch right heel forward, step right together
5-8 Left rolling vine on LRL, touch right together
(Gong xi hands for counts 1&3)

WALK-HOLD X 4 IN A RIGHT CIRCLE

1-2 Turning 1/4 right step right forward, hold
3-4 Turning 1/4 right step left forward, hold
5-6 Turning 1/4 right step right forward, hold
7-8 Turning 1/4 right step left forward, hold
(Wave both hands above head RLRL)

STEP, TOUCH, STEP, TOUCH, WALK FORWARD, TOUCH

1-2 Step right forward to right diagonal, touch left together
3-4 Step left forward to left diagonal, touch right together
5-6 Walk forward on right, walk forward on left
7-8 Walk forward on right, hitch left

BACK, TOUCH, BACK, TOUCH, WALK BACKWARD, TOUCH

1-2 Step left back diagonally, touch right together
3-4 Step right back diagonally, touch left together
5-6 Walk backward on left, walk backward on right
7-8 Walk backward on left, touch right together

SECTION B - 32 counts

RIGHT SHOOP, TOUCH, HIP BUMPS LLRR

1-2 Step right forward along right diagonal, step left together
3-4 Step right forward along right diagonal, touch left together
5-6 Bump hips left twice slapping hips twice

7-8 Bump hips right twice touching shoulders with fingers twice
(Counts 1-4: for the Da Tuan Yuan song, draw 2 small circles with your right hand)

LEFT SHOOP, TOUCH, HIP BUMPS RLRL

1-2 Step left forward along left diagonal, step right together
3-4 Step left forward along left diagonal, touch right together
5-8 Bump hips RLRL (with fingers pressed against palm and thumbs out as in No. 1 hand sign,
swing them RLRL)

(Counts 1-4: for the Da Tuan Yuan song, draw 2 small circles with your left hand)

PIVOT 1/2 TURN LEFT, TRIPLE 1/2 TURN LEFT, BACK, BACK, BACK CHA CHA

1-2 Step right forward, pivot 1/2 turn left
3&4 Triple 1/2 turn left on RLR
5-6 Step left back, step right back
7&8 Back cha cha on LRL

BACK, TOUCH, BACK, TOUCH, BACK, TOUCH, 1/4 TURN LEFT, TOUCH

1-2 Step right back diagonally swinging right hand back, touch left together
3-4 Step left back diagonally swinging left hand back, touch right together
5-6 Step right back diagonally swinging right hand back, touch left together
7-8 Turning 1/4 left step left to left side swinging left hand back, touch right together

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