

Ying & Yang

拍數: 32 牆數: 2 級數: Beginner - Contra
編舞者: Maxwell (DE) - March 2012
音樂: Ying Yang - The Bellamy Brothers



Dance starts after 32 counts. Dance face to face with go-through position.

Remark: Don't stop dancing at this two short breaks at the end of the song (wall 10 & 11) and as an Option – make a “ High Five “ during section 3 at shuffle right when you cross the line.

Rock forward, coaster step, step, pivot 1/2 right, shuffle forward turning 1/2 right

1 -- 2 Step forward on right - Recover on left foot
3 & 4 Step back on right, step left foot next to right and a small step forward on right foot
5 -- 6 Step forward on left - 1/2 pivot turn right on both balls (6:00)
7 & 8 Shuffle forward turning 1/2 turn right (steps: left - right - left) (12:00)

Rock back, heel, heel & heel, hook, shuffle forward

1 -- 2 Step back on right - Recover on left foot
3 -- 4 Touch right heel twice forward
& 5 -- 6 Step right foot next to left and touch left heel forward - Lift left foot and cross over right knee
7 & 8 Shuffle forward (steps: left - right - left)

Shuffle forward right and left, step, pivot 1/2 left, coaster step

1 & 2 Shuffle forward (steps: right - left - right) (Option: High Five with the right hand)
3 & 4 Shuffle forward (steps: left - right - left)
5 -- 6 Step forward on right - 1/2 pivot turn left on both balls (6:00)
7 & 8 Step back on left foot - Step right foot next to left and a small step forward on left foot

Heel, hold & heel, hold & heel & heel & touch, touch

1 -- 2 Touch right heel forward - Hold
& 3 -- 4 Step right foot next to left and touch left heel forward - hold
& 5 Step left foot next to right and touch right heel forward
& 6 Step right foot next to left and touch left heel forward
& 7 - 8 Step left foot next to right and touch right toe twice next to left foot

Repeat