

Qing Fei De Yi

拍數: 68 牆數: 4 級數: Improver
編舞者: Jennifer Choo Sue Chin (MY) - June 2012
音樂: Qing Fei De Yi (情非得已) - Harlem Yu (庾澄慶)



Intro: 3x8

SET 1: SIDE ROCK, CROSS SHUFFLE, SIDE DRAG, CROSS ROCKING CHAIR

1-2 Rock RF to R, Recover on LF
3&4 Cross RF over LF, Step LF to L, Cross RF over LF
5-6 LF take a big step to L, drag RF towards LF
7&8& Cross Rock RF over LF, Recover on LF, Rock RF to diagonal back R, Recover on LF

SET 2: CROSS, SIDE, ¼R SAILOR STEP, CROSS POINT/BUMP CROSS POINT/BUMP

1-2 Cross RF over LF, Step LF to L
3&4 Step RF back of LF, ¼R Step LF next to RF, Step RF to R (3:00)
5-6 Cross LF over RF, Point RF to R and bump hip to R
7-8 Cross RF over LF, Point LF to L and bump hip to L

SET 3: ROCK RECOVER ½L SHUFFLE, PIVOT FULL TURN L BACK SHUFFLE

1-2 Rock LF fwd, Recover on RF
3&4 ½L stepping L fwd, Step RF next to LF, Step LF fwd (9:00)
5-6 Step RF fwd, ½L shifting weight on LF (3:00)
7&8 ½L stepping back on RF, Step LF next to RF, Step RF back (9:00)

SET 4: BACK ROCK KICK BALL CROSS, STEP TOUCH 2X

1-2 Rock LF back, Recover on RF
3&4 Kick LF to diagonal L, Step ball of LF next to RF, Cross RF over LF
5-6 Step LF to L, Touch RF next to LF
7-8 Step RF to R, Touch LF next to RF (Options to do side body rolls on counts 5-8)

SET 5: SIDE ROCK R 1/4L SAILOR STEP, FORWARD ROCK, RECOVER, FWD, TOUCH

1-2 Rock LF to L, recover on RF
3&4 Step LF behind RF, ¼L Step RF next to LF, Step LF to L (6:00)
5-8 Rock RF fwd, Recover on LF, Rock RF fwd, Touch LF next to RF

(Optional: forward body sway or body roll)

SET 6: FWD TOUCH, BACK TOUCH, BACK TOUCH, FWD SCUFF

1-4 Step LF fwd, Touch RF next to LF (angle body to 7:30), Step RF back, Touch LF next to RF (6:00)
5-8 Step LF back, Touch RF next to LF (angle body to 4:30), Step RF fwd, Scuff LF next to RF (6:00)

SET 7: WEAVE R POINT, WEAVE L POINT

1-4 Cross LF over RF, Step RF to R, Step LF behind RF, Point RF to R and bump hip to R
5-8 Cross RF over LF, step LF to L, Step RF behind LF, Point LF to L and bump hip to L

SET 8: FWD SHUFFLE, ½L BACK SHUFFLE, ¼L L CHASSE, CROSS ROCK RECOVER

1&2 Step LF fwd, Close RF next to LF, Step LF fwd
3&4 ½L Step RF back, Close LF next to RF, Step RF back (12:00)
5&6 ¼L Step LF to L, Close RF next to LF, Step LF to L (9:00)
7-8 Cross Rock RF over LF, recover weight on LF

SET 9: SWAY 4X

1-4 Sway hips R, L, R, L

Repeat again... No Tags, No Restarts! Relax and Have FUN!
