

Shang Bu Qi

拍數: 72 牆數: 4 級數: Intermediate
編舞者: Wendy Loh (MY) - March 2013
音樂: Shang Bu Qi (傷不起) - Lao Mao (老貓) & Wang Lin (王麟)



INTRO starts after 4x8s from beginning of music. No Tag - No Restart.

INTRO (40 counts)

Section INTRO 1 : Hip Bumps R L R L (4 Counts)

1-4 R hip bump, L hip bump, R hip bump, L hip bump

Section INTRO 2 : Basic Cha Cha

1,2 Rock RF forward, Recover on LF (12:00)

3&4 Back Cha Cha RF, LF, RF

5,6 Rock LF back, Recover on RF

7&8 Forward Cha Cha LF, RF, LF

Section INTRO 3 : R Side Rock Recover, Triple Steps, L Side Rock Recover, Triple Steps

1,2 Rock RF to side, Recover on LF (12:00)

4&4 Triple steps on the spot RF, LF, RF

5,6 Rock LF to side, Recover on RF

7&8 Triple steps on the spot LF, RF, LF

Section INTRO 4 : R Step, Turn ½ L, Forward Cha Cha, L Step, Turn ½ R, Forward Cha Cha

1,2 Step RF forward, Pivot ½ L (6:00)

3&4 Forward Cha Cha RF, LF, RF

5,6 Step LF forward, Pivot ½ R (12:00)

7&8 Forward Cha Cha LF, RF, LF

Section INTRO 5 : Repeat Section INTRO 3

Section INTRO 6 ; Repeat Section INTRO 1 (4 counts)

DANCE (32 counts)

Section A1 : Heel Swivels to Right then Left, Monterey Steps with ½ R Turn

1&2 Swivel both heels to R, L, R & Flick LF behind R leg (12:00)

3&4 Swivel both heels to L, R, then L & Flick RF behind L leg

5,6 Point RF to side, Turn ½ R & step RF beside LF (6:00)

7,8 Pont LF to side, Step LF together

Section A2 : R Forward Cha Cha, ¼ R Rock Recover, together, Rock Recover, Together, Rock Recover, Together

1&2 Forward Cha Cha R,L,R (6:00)

3,4& Turn ¼ R & Rock LF to side, Recover on RF, Step LF together (9:00)

5,6& Rock RF to side, Recover on LF, Step RF together

7,8& Rock LF to side, Recover on RF, Step LF together

Section A3 : R Toe Struts, Turn ¼ R Toe Struts, Touch, Hold, Step, Point, Hold

1,2 Touch RF beside LF, Turn ¼ R & step RF in place (12:00)

3,4 Touch LF beside RF, Step LF in place

5,6& Touch RF beside LF, Hold, Step RF in place

7,8 Point LF to side, Hold

Section A4 : L Rock Forward, Recover, Turn ¼ L Side Chasse, Point & Sexy Pose

- 1,2 Rock LF forward, Recover on RF (12:00)
3&4 Turn ¼ L & Side Chasse LF, RF, LF (9:00)
5-8 Point RF to side with weight on LF & Bend body, right hand to touch right knee then slowly roll body up.

Contact: kickickwendy@yahoo.com
