

Wu Ji Xian

拍數: 64 牆數: 1 級數: Phrased Intermediate
編舞者: Melvin Tan (MY) - April 2013
音樂: Limit by Luo Dance



Dance starts from the very beginning of the music

SEQUENCE : TAG AB A TAG(2x8) AB A TAG, TAG1, A A A

TAG (4x8)

Marching Steps, Step Forward, Turn 1/4 L, Together, Hold

1,2,3,4 Marching steps on RF, LF, RF, LF

5,6,7,8 Step RF forward, Turn 1/4 L, Step RF together, Hold

Repeat for another 3 sets until you face 12:00 again

PART A (4x8)

Section A1 : Bounce steps with hand movements

&1&2 Step on ball of RF, Step on LF

&3&4 Repeat Steps &1&2

&5&6 Repeat Steps &1&2

(Styling : Punch both hands to R side, Punch both hands to L side)

&7&8 Repeat Steps &1&2 (12:00)

(Styling : Swing both arms above head from L to R)

Section A2 : Stomp RF forward, Swivel L Heel, Toe, Heel & Repeat same with LF

1,2,3,4 Stomp RF forward, Swivel L heel, Swivel L toe, Swivel L heel towards RF

5,6,7,8 Stomp LF forward, Swivel R heel, Swivel R toe, Swivel R heel towards LF (12:00)

Section A3 : Hop both feet out, Hold,, Hop both feet in, Hold, Hop Out, In, Out In

&1,2 Step on ball of RF to side, Step LF to side, Hold

&3,4 Step back on ball of RF , Step LF together, Hold

&5 Step on ball of RF to side, Step LF to side

&6 Step back on ball of RF, Step LF together

&7 Repeat &5

&8 Repeat &6 (12:00)

Section A4 : Step Touch x2, Forward Rock, Recover, Coaster Step

1,2 Step RF to side, Touch LF together

3,4 Step LF to side, Touch RF together

5,6 Rock RF forward, Recover on LF

7&8 Step RF back, Step LF together, Step RF forward (12:00)

Continued WU JI XIAN???

PART B (4X8)

Section B1 : Step Forward, Turn 1/2 R, Kick Ball Change, Step Touch x2

1,2 Step LF forward, Turn 1/2 R weight on LF (6:00)

3&4 Kick RF forward, Step on ball of RF, Step LF forward

5,6 Step RF to side, Touch LF together

7,8 Step LF to side, Touch RF together (6:00)

Section B2 : Out, Out, In, Low Kick, Ronde & Step Back x2

1,2 Step RF diagonally forward, Step LF to side
3,4 Step RF back, Low Kick LF forward
5,6 Ronde LF from front to back, Step LF back
7,8 Ronde RF from front to back, Step RF back (6:00)

Section B3 : Step Forward, Touch, Step Forward, Together, Step Touch x2

1,2 Step LF forward, Touch RF together
3,4 Step RF forward, Step LF together
5,6 Step RF to side, Touch LF behind RF
7,8 Step LF to side, Touch RF together (6:00)

Section B4 : Hop Out, Hold, Cross, 1/2 Unwind, Press Steps

&1,2 Step on ball of RF, Step LF to side, Hold
&3,4 Step back on ball of LF, Cross RF over LF, Unwind 1/2 Turn to L weight on LF (12:00)
5,6 Press RF forward, Step RF back
7,8 Press LF forward, Step LF back (12:00)

TAG 1 (4 counts)

1,2 Step LF forward, Turn 1/2 L
3,4 Step RF together, Hold (12:00)

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