

Do Ga Do Ye

拍數: 112 牆數: 2 級數: Phrased Intermediate
編舞者: Ping Tang & Yanghui Wu - January 2013
音樂: Duo Ga Duo Ye by Lei Chun



Dance Sequence: AABC+turn1/2left+DDBTCC + AABC+turn1/2left+DDBTCC + AABC+turn1/2left+DDDT

Lusheng dance is a national non-material cultural heritage of china?

Intro :32 counts. Begin on main vocals.

part A: 32

sec1: step,Recover,forward,recover ,forward,lock,forward,lock

- 1 right foot step to the right, weight on right, both hands open up, palm up;
- 2 Recover on left foot, and two palm down on the side of the body;
- 3 step right foot forward, his hands open up ,palm down;
- 4 recover on right foot,
- 5,6 step left foot forward , upper body turn 1/4right, lock right behind left, make a fist with both hands flat bend elbow, fist down;
- 7,8 step left foot forward , lock right behind left ;

Sec2: the Mirror Set (opposite) from Section 1

Sec3: hook,back,hook,back,hook,drop,hook,drop

- 1,2 hook right front left to do a "Lusheng step" ,step right back, his hands chest clasped outreach elbow, upper body slightly forward;
- 3,4 hook left front right to do a "Lusheng step",step left back, hands and chest clasped outreach elbow, upper body slightly forward;
- 5,6 hook right front left ,while foot medial malleolus raise ,right toe drop, (right knee outwards), handed fist were bobbing up and down;
- 7,8 repeat5,6

Sec4: the Mirror Set (opposite) from Section 3.

Part B: 32

Sec 1: hop(*4),turn full,flick ,drop,flick ,drop

- 1-4 hop right ,left,right,left , turn full right.4weight to right?
- 5,6 flick left ,left drop, (left lateral malleolus raise and drop , left knee inward), while bending the right knee ?
- 7,8 repeat5,6

Sec2: cross,hold,diagonally back,hold,cross,hold,diagonally back,hold

- 1,2 Point left cross right ,weight on the right, hold
- 3,4 step left ball diagonally back,hold
- 5-8 repeat 1-4

Sec3: and sec4: the Mirror Set (opposite) from section1, section2.

Part C:16

Sec1: stomp,together,stomp, flick,turn 1/2,stomp,together,stomp, flick,turn 1/2

- 1,2 stomp right to right ,stomp left together;
- 3 stomp right to right, hands open up ;
- 4 flick left turn 1/2right, hands swing with the action(face 6:00);
- 5,6 stomp left to left ,stomp right together;

- 7 stomp left to left, hands open up ;
8 flick right, hands swing with the action;

Easy Option:4don't turn1/2right

Sec2: repeat section1; (face 12:00)

partD: 32

sec:1 rock step,bump hip>(*2),forward,forward,heel diagonal,hold

- 1 rock step right foot ball to right , weght in the left foot, the right hand below the right ear, palm facing forward, lift the elbow, left hand akimbo;
2 Right foot off the ground, bump hip to the left , right hand below the right ear, palm facing forward, lift the elbow, left hand on his hips;
3,4 repeat 1,2
5 step right forward, hands cross in front of body, palms facing up;
6 step left forward, put his hands in front of body;
7 point right heel to right diagonal with straight right knee, left knee and hip, body slightly forward, right hand stand below right ear, palm facing forward, lift the elbow on the move after left up oblique;
8 hold;

Sec2: hook,back,hook,back,together , Jump(*4)

- 1,2 hook right front left to do a "Lusheng step" ,step right back, his hands back on behind;
3,4 hook left front right to do a "Lusheng step",step left back, his hands back on behind;
5-8 feet together and Jumping four back to right diagonally, right upward swing slowly, palm facing up, left hand back behind;

Sec3: hop diagonally,together,back diagonally,together,hop diagonally,together,back diagonally,together

- 1,2 right foot hop to right diagonally,left hop together, slightly bend knees, bump hip to the right diagonally, hands fist upward swing, fist relative;
3,4 left foot hop back to centre, right hop together, bend knees slightly, while fist with both hands swing, fist relative;
5,6 left foot hop to left diagonally, right hop together, slightly bend knees, bump hip to the left diagonally, hands fist upward swing, fist relative;
7,8 right foot hop back to centre, left hop together,bend knees slightly, while fist with both hands swing, fist relative;

Sec4: hook,drop,hook,drop,hook,turn1/2left,drop,hook,drop

- 1,2 hook right front left ,while foot medial malleolus raise , (right knee outwards), right drop,
3,4 the Mirror Set (opposite) from 1,2.
5-8 repeat 1-4, turn1/2 left at the same time?

Tag: 4

Repeat part D SEC1: 5-8 ?(when sing "Yeba")

Ending:8

Endings: 8 beats - Repeat partD SEC1. (when sing "Doga Doje"),

Please refer to the video?

Contact: 286130719@qq.com-http://www.qq.com/
