Heng Ong Huat



Count: 144 Wand: 1 Ebene: Phrased Intermediate Sportive

Choreograf/in: Yeoh Soo Choon (MY) & Jenny Lin Hui Chin - February 2015

Musik: Prosperity of Allegiance (興旺發) - Lee Seung (李升忠)



Sequence : (A - B - C - C - Tag 1 - D - Tag 2 - B) x 2 , B - B - Ending Pose□

Starts at once□

Part A - 32 Counts□□

A1: (Side Step L, Touch R, Side Step R, Touch L) x 2 □

1 -2 Step L to L, touch R beside L3-4 Step R to R, touch L beside R

5 -6 Repeat 1 - 2

7 -8 Repeat 3 - 4 (12.00)

(Hands styling : Hold fists, both hands move up & down at shoulder level Synchronize with feet movement)

A2: Heel Bounces / 4 cts L Sway, Heel Bounces/ 4 cts R Sway □

9 - 16 Step L to L & bounces both heels for 8 counts. (12.00)

(Hands styling : Draws figure of "8" from R to L with upper body Slightly sway to L & R i.e 4 cts to L & 4 cts to R)

A3: (Side Step L, Touch R, Side Step R, Touch L) x 2□

17 - 24 Repeat 1 - 8 (12.00)

A4: (Side Step L, Touch R, Side Step R, Touch L) x 2□

25 - 26 Step L to L, touch R beside

27 - 28 Step R to R, touch L beside R (12.00)

(Hands styling : Draw Figure of "S" with both hands at eyes level from R & tap both on thigh on count 28

29 - 32 Repeat 25 – 28 (12.00)

Part B - 48 Counts□□

B1: 3 R Hops, Tog, 3 L Hops, Tog□

1 - 2 - 3 Step R to diagonal forward R & hop 3 times with both hands spread Out. (Figure "V")

4 Feet together & clap

5 - 8 Repeat 1-2-3-4 on L (Mirror Image) 12.00

B2: 3 Hip Bumps, Hold, Toe Switches, Hold □

9 -10 -11 Step R slightly back to R & bump R hip 3 times. (12.00)

Hold (Weight on R.)

&13&14&15 Bring L beside R, touch R toe to R, step R beside L, touch L toe to L, step L beside R,

16 touch R toe to R, Hold (12.00)

(Hands styling : Hold fists & swing both arms to LRL on count 13-14-15)

B3: 3 L Hop / Hitch R, Tog, 3 R Hop / Hitch L, Tog □

17 - 18 - 19 Hop on L 3 times

Hand Styling: Arms on both sides, palm up, Raise & flick both hand from low to high

20 Step R beside L. (Both hands circle down to sides)
21 - 24 Repeat 17-18 -19 - 20 on R (Mirror Image) 12.00

B4: Side Step R, Hold, Side Step L, Hold, Hitch R, Knee Arch, Side Step R□

25 - 26 Step R to R, Hold (Bring R arm to shoulder height R, palm down, Look R

27 - 28 Step L to L, Hold (Facing 10.30, Pop R knee inward, weight on L)

(Hand Styling : Hold both fists & bring both arms in front of chest)

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29 - 30 - 31
               Hitch R knee toward L, use R knee to draw an arch from inner to outer on cts 30 & 31
32
               Step R to R (12.00)
( Hand Styling : Cross & stretch both arms up with opened palms on count 29 & circling down to both sides on
count 30 -31 -32)
B5: Alternate R & L Punches, R Arm Lift, Alternate L & R Punches, L Arm Lift□
               Feet apart, Punch RLR (Bend Knees up & down during punches)
33&34
35 - 36
               Squat & knees up, lifting R arm from bottom to the top. (12.00)
37 - 40
               Repeat 33 - 36 on L (Mirror Image) 12.00
B6: Throw, Hold, Hold, Diagonal R Kick, R Jazzbox Touch□
41 - 44
               Feet apart, throw both arms to the air (count 41) & hold for 3 cts
45
               Slightly bend upper body to R, hop L & kick R to diagonal R with both arms throw to air
46 - 47 - 48
               Cross R over L, step back on L, touch R beside L (12.00)
Part C - 32 counts□□
C1: Diagonal Forward R, Hitch L, Cross L, Brush R, Step Touch Step RLR, Step Touch Step LRL□
               Step R to diagonal forward R, Hitch L knee & push R arm up (1.30)
1 - 2
3 - 4
               Cross L over to R, brush R beside L (Squared to 12.00 on count 4)
5 & 6
               Facing 10.30, Step R to R, touch L beside R, Step R in place
( Hand Styling : Bend R elbow at shoulder level starting down-up-down )
7 & 8
               Facing 1.30, Step L to L, touch R beside L, Step L in place
( Hand Styling : Bend L elbow at shoulder level starting down-up-down )
C2: Back Step R, Sweep/Drag L, Back Step L, Touch R, Out, Out, Knee Pop RLR□
9 - 10
               Squared to 12.00, Big step back on R, Sweep / drag L towards R
11-12
               Back step on L, touch R beside L
13-14
               Step R to R, Step L to L
15 & 16
               Pop knee RLR (12.00)
( Hand Styling : Push RLR arms up & down during knees pop. )
C3: R Weave, Diagonal L Kick, L Weave, Diagonal R Kick□
17 - 18 - 19
               Step R to R, Cross L Over R, Step R to R
20
               Swivel on ball of R, kick L to diagonal L (10.30)
21 - 24
               Repeat on L (Mirror Image) 1.30
C4: Step Touch Step RLR, Step Touch Step LRL, Stomp / Lunge R, 3 Heel Bounces□
25 & 26
               Squared to 12.00, Step R to R, touch L beside R, Step R in place
( Hand Styling : Swing R hand over head & L hand down to R thigh )
27 & 28
               Step L to L, touch R beside L, Step L in place (12.00)
( Hand Styling : Swing L hand over head & R hand down L thigh )
29
               Stomp & lunge R to diagonal R with both hands stretches to diagonal R
30 - 31 - 32
               Bounces R heel 3 times & bring both hands down (1.30)
Part D - 32 Counts □□
D1: Kick R, Back Step R, Kick L, Back Touch L, Knees Bend x 2 □
               Kick R to R (Hand Styling: Push both hands up) 12.00
1
2
               Step R behind L (Hand Styling: Close both palms on chest level)
3
               Kick L to L (Hand Styling: Push both hands up)
4
               Touch L behind R (Hand Styling: Close both palms on chest level)
5 - 6
               Bend both knees up & down, weight on L
( Hand Styling : Close both palms on chest level )
7 - 8
               Repeat 5 - 6 (12.00)
D2: Side Step R, Hold/Pose, Side Step L, Hold/Pose, Side Step R, 3 Hip Bumps□
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Step R to R, Hold (Raise R hand & point R index finger to diagonal R)

9 - 10

11 - 12 Step L to L, Hold (Bring R hand down to L & point R index finger to floor) 13 - 16 Step R to R, weight on R & bump hip 3 times (Hand styling : Raise R hand to chest level & draw R index finger from L to R during hip bumps) D3: Diagonal Forward L, Hold, Forward Step R, Hold, L Rocking Chair□ 17 - 18 Step L to L diagonal (Dip Knees), Hold (10.30) (Makes "Heart Shape" in front with both thumbs & index fingers) 19 - 20 Squared to 12.00, Step R forward, Hold. (Place R palm onto L chest) 21 - 24 L Rocking Chair LRLR (Point R index finger to the sky) 12.00 D4: Sweep & Cross L, Back Step R, Side Step L, Hold, Knees Bend, R Arm Raise□ Sweep L from back to front & cross L over R, Step Back on R 25 - 26 27 - 28 Step L to L, Hold Bend both knees (R hand down, place L palm on the bend of R elbow) 29 30 -31 -32 Stand up & raise R arm. Tag 1: 4 Counts □ Out, Out, In , In□ 1 - 2 Step R to forward diagonal R, Step L to L 3 - 4 Step R back to center, Step L beside R Tag 2: 4 Counts□ Hops & hits R arm to the air 4 times 1 - 4 Ending: You can use the last 4 cts of PART B to gather everyone to center & pose. □ Enjoy & have fun !!!!□ Contact : yeohsoochoon@yahoo.com□