Shang Xin Pou Ban

Count: 32

Ebene: Beginner

Choreograf/in: Mimie Budiman (INA) - May 2025

Musik: Don't break my heart (heartbroken) - Dian Deng (No Tag, Restart on wall 5 after 16counts) Intro: 32 counts Section 1 : Back Rock - Recover - Chasse RL - Back Rock - Recover Rock Rf behind Lf, Recover on Lf 1-2

- 3&4 Step Rf to R side, Close Lf together Rf, Step Rf to R side
- Step Lf to L side, Close Rf together Lf, Step Lf to L side 5&6
- Rock Rf behind Lf, Recover on Lf 7-8

Section 2 : (Diagonally Forward Kick 2x - Coaster Step) RL

- 1-2 Kick Rf forward Diagonally L - R
- 3&4 Step Rf behind Lf, Close Lf together Rf, Step Rf forward
- 5-6 Kick Lf forward Diagonally R - L
- Step Lf behind Rf, Close Rf together Lf, Step Lf forward 7&8

Section 3 : Side Rock - Recover - 1/4R Turn Coaster Step - Chasse - 1/2R Turn Chasse

- 1-2 Rock Rf to R side, Recover on Lf
- 3&4 Turn 1/4 to R with Step Rf behind Lf (Facing 03.00), Close Lf to Rf, Step Rf forward
- 5&6 Step Lf to L side, Close Rf to Lf, Step Lf to L Side
- 7&8 Turn 1/2 to R with Step Rf to R side (Facing 09.00), Close Lf to Rf, Step Rf to R side

Section 4 : Kick Ball Change 2x - Back Rock - Recover - Chasse

- Kick Lf forward, Step back Lf to Rf, Step Rf in place 1&2
- 3&4 Kick Lf forward, Step back Lf to Rf, Step Rf in place
- 5-6 Rock Lf behind Rf, Recover on Rf
- 7&8 Step Lf to L side, Close Rf together Lf, Step Lf to L side

Repeat again

Thank You n Enjoy the Dance

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Wand: 4