

500 Steps

Count: 104

Wall: 1

Level: Phrased Beginner

Choreographer: Doris Lew (HK) - November 2014

Music: 500 Steps by Paula Tsui



Intro : 8 counts - Sequence : AB, AB, AB, AB

Starting: □1 2 3 4 5 6 7 8 □ Hand Claps on 1, 3, 5, 7

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A1: □1 2 3 4 □ Arm Roll on R side, Arm Roll on L side

A1: □5 6 7 8 □ Arm Roll on R side, Arm Roll on L side

A2: □1 2 3 4 □ Arm Shape on R Side

A2: □5 6 7 8 □ Arm Shape on L Side

A3: □1 2 3 4 □ Diagonal Forward to R side, R, L, R, L

A3: □5 6 7 8 □ Hand Open to top – 2 times

A4: □1 2 3 4 □ Diagonal Forward to L side, L, R, L, R

A4: □5 6 7 8 □ Hand Open to top – 2 times

A5: □1 2 3 4 □ Steps Forward R, L, R, L

A5: □5 6 7 8 □ Both Hand Shape, R, L, R, L

A6: □1 2 3 4 □ Steps Backward R, L, R, L

A6: □5 6 7 8 □ Both Hand Shape, R, L, R, L

A7: □1 2 3 4 □ Both Hands on the knee with slightly knee bend, Both Hands open up

A7: □5 6 7 8 □ Both Hands on the knee with slightly knee bend, Both Hands open up

A8: □1 2 3 4 □ R hand on L shoulder, L hand on R shoulder, R hand up, L hand up

A8: □5 6 7 8 □ R hand on L shoulder, L hand on R shoulder, R hand up, L hand up

B1: □1 2 3 4 5 6 7 8 □ Hand Claps on 1, 3, 5, 7

B2: □1 2 3 4 5 6 7 8 □ Hand moving up like climbing, R, L, R, L, R, L, R, L

B3: □1 2 3 4 5 6 7 8 □ Hand Claps on 1, 3, 5, 7

B4: □1 2 3 4 5 6 7 8 □ Hand moving up, R, L, R, L, R, L, R, L

B5: □1 2 3 4 5 6 7 8 □ Hand Claps on 1, 3, 5, 7

For last section B, it is up to B3 only

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