Heng Ong Huat



	<u> </u>			STEPSHEETS
Choreograph		. , .	Level: Phrased Intermediate Sportive y Lin Hui Chin - February 2015 後) - Lee Seung (李升忠)	
Sequence : (/	A - B - C - C - Ta	ng 1 - D - Tag 2 - B) x 2 , B - B - Ending Pose□	
Starts at once				
Part A - 32 Co		de Step R, Touch I		
1 -2	• •	ouch R beside L		
3-4	•	ouch L beside R		
5-4 5-6	Repeat 1 - 2			
7 -8	Repeat 3 - 4 (12 00)		
		,	& down at shoulder level Synchronize with feet i	movement)
	-			,
A2: Heel Bour 9 - 16		ay, Heel Bounces/	•	
	•		s for 8 counts.(12.00) vith upper body Slightly sway to L & R i.e 4 cts t e	ol & 4 cts to
R)	g . Diaws ligare			
A3. (Sido Sto	n I Touch R Si	de Step R, Touch I		
17 - 24	Repeat 1 - 8 (•		
•	• •	de Step R, Touch L	L) x 2L	
25 - 26	Step L to L, to		12.00.)	
27 - 28 (Handa atulin	•	ouch L beside R(1	ands at eyes level from R & tap both on thigh on	count 29
29 - 32	Repeat 25 – 2		ands at eyes level norm to a tap both on thigh on	Count 20
	·			
Part B - 48 Co		Tea		
	Tog, 3 L Hops,		nop 3 times with both hands spread Out. (Figure	~ "\/" \
1 - 2 - 3 4	Feet together	•	lop 5 times with both hands spread Out. (Figure	e v)
4 5 - 8	•	4 on L (Mirror Ima	ae) 12.00	
0-0			ge) 12.00	
B2: 3 Hip Bum	nps, Hold, Toe S	witches, Hold		
9 -10 -11	Step R slightly	y back to R & bump	o R hip 3 times.(12.00)	
12	Hold (Weight	,		
&13&14&15	•		R, step R beside L, touch L toe to L, step L bes	ide R,
16		R, Hold (12.00)		
(Hands styling	g : Hold fists & s	wing both arms to I	LRL on count 13-14-15)	
-		R Hop / Hitch L, Tog	g 🗆	
17 - 18 - 19	Hop on L 3 tin			
• •			se & flick both hand from low to high	
20		•	rcle down to sides)	
21 - 24	Repeat 17-18	-19 - 20 on R (Mir	Tor mage) 12.00	
•		•	R, Knee Arch,Side Step R⊡	
25 - 26	•	· •	to shoulder height R, palm down, Look R	
27 - 28	•	· •	Pop R knee inward, weight on L)	
(Hand Styling	: Hold both fists	& bring both arms	in front of chest)	

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

- 33&34 Feet apart, Punch RLR (Bend Knees up & down during punches)
- 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, 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 LRLD

- 1 2 Step R to diagonal forward R, Hitch L knee & push R arm up (1.30)
- 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

- 1 Kick R to R (Hand Styling : Push both hands up) 12.00
- 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

9 -10 Step R to R, Hold (Raise R hand & point R index finger to diagonal R)

- 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 \Box

- 25 26 Sweep L from back to front & cross L over R, Step Back on R
- 27 28 Step L to L, Hold
- 29 Bend both knees (R hand down, place L palm on the bend of R elbow)
- 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□

1 - 4 Hops & hits R arm to the air 4 times

Ending : You can use the last 4 cts of PART B to gather everyone to center & pose. \Box

Enjoy & have fun !!!!□

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