Ying Yang Cha (陰陽恰恰) (zh)

Compte: 32 **Mur:** 4 **Niveau:** Improver
Chorégraphe: Niels Poulsen (DK) - 2008年08月
Musique: Drop - Ying Yang Twins

前奏： Intro: 32 counts from first beat in music, 32 seconds into track. Start with weight on L

第一段 ½ Monterey R, L Step Lock Step, Rock R Fw, Back Lock R
右蒙特瑞轉1/2, 左踏鎖踏, 右足前下沉, 右足後下沉

1 – 3 Point R to R side, make sharp ½ R bringing R next to L, point L to L side [6:00] 右足右點, 右轉180度右足併踏, 左足左點(面向6點鐘)

4&5 Step fw on L, lock R behind L, step fw on L [6:00]
左足前踏, 右足於左足後鎖步, 左足前踏(面向6點鐘)

6 – 7 Rock fw on R, recover back on L [6:00]
右足前下沉, 左足後回復(面向6點鐘)

8& Step back on R, lock L in front of R [6:00]
右足後踏, 左足於右足前鎖步(面向6點鐘)

第二段 Back R, Walk Back L R, & Step Out Out, 4 Hip Bumps
右後, 後走-左, 右, 踏外外, 4推臀

1 – 3 Step back on R, walk back L, walk back R [6:00]
右足後踏, 左足後走, 右足後走(面向6點鐘)

&4 Step L out to L side, step R out to R side (weight R) [6:00]
左足左踏, 右足右踏(重心在右足)(面向6點鐘)

5 – 8 Bump hips L R L R ending with weight on R [6:00]
推臀-左, 右, 左, 右結束重心在右足(面向6點鐘)

第三段 Ball ¼ Turn L, Step ½ R, ¼ R Into L Chasse, R Back Rock, R Chasse
踏左轉1/4, 踏右轉1/2, 右轉1/4左追步, 右後下沉, 右追步

&1 – 3 Close L behind R, make ¼ L stepping fw R, step fw L, turn ½ R (weight R) [9:00] 左足於右足後踏, 左轉90度右足前踏,
左足前踏,右轉180度(重心在右足)(面向9點鐘)

4&5 Turn ¼ R on R stepping L to L, bring R next to L, step L to L side [12:00] 右轉90度左足左踏, 右足併踏, 左足左踏(面向12點鐘)

6 – 7 Rock back on R, recover weight to L [12:00]
右足後下沉, 左足回復(面向12點鐘)

8& Step R to R side, bring L next to R [12:00]
右足右踏, 左足併踏(面向12點鐘)

第四段 1/8 L Back, 2 Walks, L Triple Step With 1/8 L, Walk Fw R, Touch, L Kick Ball 左後1/8, 二走步, 左小三步左轉1/8, 右前走, 點, 左踢踏

1 – 3 Turn 1/8 L pushing off L foot stepping back on R leaving L leg pointed, walk back L R [10:30]
左轉45度左足離地前點右足後踏, 左足後走, 右足後走(面向10:30)

4&5 Step L next to R, bring R next to L, turn 1/8 L stepping fw on L [9:00]
左足併踏, 右足併踏, 左轉45度左足前踏(面向9點鐘)

6 – 7 Walk fw R, touch L next to R [9:00]
右足前走, 左足併點(面向9點鐘)

8& Kick L fw, bring L next to R (weight L) [9:00]
左足前踢, 左足併踏(重心在左足)(面向9點鐘)