

Kung Fu Yoga

Compte: 32

Mur: 4

Niveau: Beginner

Chorégraphe: Raymond Robinson (INA) - April 2021

Musique: Kung Fu Yoga - Wai Lap Wu



INTRO: 3X8 COUNTS + 4 COUNTS - Start when the Quick Drum Rolls

I. ROCK SIDE RECOVER, ROCK FORWARD, COASTER STEP

1 2 3 4 R step right side, L recover, R step behind L, L step to left side,
5 6 R step forward, L recover
7&8 R step backward, L step together R, R step forward

II. STEP FORWARD, POINT LEFT 2X, TOUCH, HIP BUMP

1 2 3 4 L step forward, R step forward, L point to the left side, L touch next to R,
5 6 L point to the left, L next to R which R then in touch position facing slightly 11:00 (and at the
same time position hands far left from the body slightly to the left facing 11:00 then clap1X)
7&8 hip bump right - centre - right

III. LEFT KICK, RIGHT KICK, BRUSH, HITCH KNEE UP, STOMP, STEP FORWARD, ½ TURN, SHUFFLE

1 2 R kick to left, R kick right
3&4 R brush forward, hitch the knee up and stomp
5 6 7&8 L step forward, R recover, L ½ turn (facing 6:00) L step forward, lock R behind L, L step
forward

IV. POINT LEFT, POINT RIGHT, 1/8 BACK SHUFFLE, ¼ SAILOR TURN

1 2 3 4 R step forward, L point to left side, L step in front of R, R point to R side
5&6 Facing 7.30: R step back, L lock in front of R, R step back.
7&8 L ¼ left turn (facing 3:00) L cross behind R, R step to Right side, L step to left side.

TAG: AT THE END OF WALL 7 - 4 counts - start facing 9:00

1 2 3 4 R step side, L recover, R cross behind L, ¼ step turn facing 6:00 L step forward
