

Mang Zhong 2025 (芒種)

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BY STEPHEN

Compte: 164

Mur: 1

Niveau: Improver

Chorégraphe: Sunny Lin (TW) - March 2025

Musique: Mang Zhong (芒種) - Xu Yuan Shu (徐遠書)



Intro : 20c

A:32c, B:64c, C:68c

Sequence : A-B-B(48c)-Tag-B-Tag-B(48c)-C

2 Tags : 4c

Part A

S1. Rock recover, hold, sway sway

1-2 Rf touch forward rock, recover Lf
3-4 Rf together beside Lf, hold
5-6 Sway to R side recover L side
7-8 Sway to R side recover L side

S2. Rock 1/4 turn L recover, hold, sway sway

1-2 Rf forward rock 1/4 turn L, recover Lf
3-4 Rf together beside Lf, hold
5-6 Sway sway
7-8 Sway sway

S3. Rock recover, hold, sway sway

1-2 Rf touch forward rock, recover Lf
3-4 Rf together beside Lf, hold
5-6 Sway to R side recover L side
7-8 Sway to R side recover L side

S4. Rock 1/4 turn L recover, hold, sway sway

1-2 Rf forward rock 1/4 turn L, recover Lf
3-4 Rf together beside Lf, hold
5-6 Sway sway
7-8 Sway sway

Part B

S1. Pivot 1/2 turn L, shuffle, rocking chair

1-2 Step Rf forward pivot 1/2 L
3&4 Rf forward shuffle
5-8 Lf rocking chair

S2. Pivot 1/2 turn L, shuffle, rocking chair

1-2 Step Lf forward pivot 1/2 R
3&4 Lf forward shuffle
5-8 Rf rocking chair

S3. Step touch to R hold step touch to L hold sway sawy

&1-2 Rf step Lf touch to R hold
&3-4 Lf step Rf touch to L hold
5-8 Rf together beside Lf, squat down and slowly swing up

S4. Step touch to R hold step touch to L hold sway sawy

- &1-2 Rf step Lf touch to R hold
- &3-4 Lf step Rf touch to L hold
- 5-8 Rf together beside Lf, squat down and slowly swing up

S5. Rock recover side shuffle

- 1-2 Rf forward rock to L recover Lf
- 3&4 Rf side shuffle
- 5-6 Lf forward rock to R recover Rf
- 7&8 Lf side shuffle

S6. V step, Squat 4 times

- 1-2 RF diagonal forward step, LF diagonal forward step
- 3-4 RF back step LF back step together RF
- 5-8 Squat slightly with both knees 4 times (Make a circle with your head counterclockwise from left to right)

S7. Lock step, forward shuffle,

- 1-2 Rf step forward lock step Lf behind R
- 3&4 Rf forward shuffle
- 5-6 Lf step forward lock step Rf behind L
- 7&8 Lf forward shuffle

S8. Pivot 1/2 turn L 2 times, forward step together back step together

- 1-2 Step Rf forward pivot 1/2 L
- 3-4 Step Rf forward pivot 1/2 L
- 5-6 Step Rf forward, step Lf forward beside Rf
- 7-8 Step Rf back, step Lf back beside Rf

Part C**S1. shuffle, sailor step, sailor step 1/4 turn L**

- 1&2 Rf side shuffle
- 3&4 Lf side shuffle
- 5-6 Rf touch forward to the L, Rf side touch to the R
- 7&8 sailor step
- 1-2 Lf touch forward to the T, Lf side touch to the L
- 3&4 sailor step 1/4 turn L

S2. shuffle, sailor step, sailor step 1/4 turn L

- 1&2 Rf side shuffle
- 3&4 Lf side shuffle
- 5-6 Rf touch forward to the L, Rf side touch to the R
- 7&8 sailor step
- 1-2 Lf touch forward to the T, Lf side touch to the L
- 3&4 sailor step 1/4 turn L

S3. shuffle, sailor step, sailor step 1/4 turn L

- 1&2 Rf side shuffle
- 3&4 Lf side shuffle
- 5-6 Rf touch forward to the L, Rf side touch to the R
- 7&8 sailor step
- 1-2 Lf touch forward to the T, Lf side touch to the L
- 3&4 sailor step 1/4 turn L

S4. shuffle, sailor step, sailor step 1/4 turn L

1&2 Rf side shuffle
3&4 Lf side shuffle
5-6 Rf touch forward to the L, Rf side touch to the R
7&8 sailor step
1-2 Lf touch forward to the T, Lf side touch to the L
3&4 sailor step 1/4 turn L

S5. shuffle, sailor step 2 times

1&2 Rf side shuffle
3&4 Lf side shuffle
5-6 Rf touch forward to the L, Rf side touch to the R
7&8 sailor step
1-2 Lf touch forward to the T, Lf side touch to the L
3&4 sailor step

S6.Ending

1-8 Free style walk to ending pose

Tag. Wall 3 after 48c & wall 4 after 64c

1-4 Rf side touch Lf squat, Rf slow drag back to beside Lf

(Please refer to the video for body and hand movements)
