Mystical (Shen Qi)

Niveau: Intermediate/Advanced

Compte: 0 Mur: 1 Chorégraphe: Catherine Chew (SG) Musique: Shen Qi - Stefanie Sun

Sequence: ABC, BCD, CCE

PART A

(HEEL, HEEL, CLOSE, STOMP, STOMP) TWICE

- 1&2 Touch right heel to right diagonal twice, bring right to close
- 3-4 Stomp left foot twice (weight remain on right)
- 5&6 Touch left heel to left diagonal twice, bring left to close
- 7-8 Stomp right foot twice (weight remain on left)

(SIDE, CLOSE, SIDE SHUFFLE) TWICE

- 1-2 Step right to right, left foot bring to close
- 3&4 Step right to right, left foot bring to close, step right to right
- Each time open both palms to the right diagonal down when you step to the side, turn palms when you bring in your foot
- 5-8 Repeat counts 1-4 start from step left to left

CROSS BACK & CROSS, POINT, FLICK, JAZZ BOX FORWARD

- 1-2& Cross right over left, step left back, step right to right
- 3&4 Cross left over right, point right to right side, flick right heel
- 5-8 Cross right over left, step left back, step right to side and step left forward

CROSS BACK & CROSS, POINT, FLICK, JAZZ BOX FORWARD

- 1-2& Cross right over left, step left back, step right to right
- 3&4 Cross left over right, point right to right side, flick right heel
- 5-8 Cross right over left, step left back, step right to side and step left forward

PART B

(CROSS ROCK STEP) TWICE, (CROSS, SIDE) X 3, CROSS

- 1&2 Right cross over left, recover on left, step right together (cross hand and close palms together in front of chest)
- 3&4 Left cross over right, recover on right, step left together, (cross hand and close palms together in front of chest)
- 5&6&Right cross over left, step left to the side, right cross over left, step left to the side
- 7&8 Right cross over left, step left to the side, right cross over left

During the counts from 5-8, cross hand in front of chest and open slowly out to the sides

9-16 Repeat counts 1-8 start from left cross over right

(ROCKING CHAIR WITH SHIMMY, ½ LEFT, ¼ LEFT) TWICE

- 1-4 Step right forward (body lean forward with shimmy), left foot recover, step right back (body lean backward with shimmy), left foot recover
- 5-8 Step right forward, pivot ¹/₂ left, step right forward, pivot ¹/₄ left

(ROCKING CHAIR WITH SHIMMY, ½ LEFT, ¼ LEFT) TWICE

- 1-8 Repeat steps from part b counts 17-24
- 33-64 Repeat steps from Part B counts 1-32 facing opposite wall





65-80 Repeat steps from Part B counts 1-16 facing home wall

PART C

TURN ¼ RIGHT BALL STEPS X 3 AND ¼ RIGHT CROSS TO COMPLETE FULL RIGHT TURN, HOLD

- 1&2& Turn ¼ right cross over left, left ball step behind, ¼ right turn right cross over left, left ball step behind
- 3&4 Turn ¼ right turn right cross over left, left ball step behind, ¼ right turn right cross over left

TURN ¼ LEFT BALL STEPS X 3 AND ¼ LEFT CROSS TO COMPLETE FULL LEFT TURN, HOLD

- 5&6& Turn ¼ left cross over right, right ball step behind, ¼ left turn left cross over right, right ball step behind
- 7&8 Turn ¼ left turn left cross over right, right ball step behind, ¼ left turn left cross over right

(RIGHT SAILOR, LEFT SAILOR ¼ RIGHT TURN) TWICE

- 1&2 Step right behind left, recover on left, step right to right side
- 3&4 Turn ¼ right turn step left behind right, recover on right, step left to left side
- 5&6 Step right behind left, recover on left, step right to right side
- 7&8 Turn ¼ right turn step left behind right, recover on right, step left to left side
- 17-32 Repeat steps from Part C counts 1-16

PART D

SIDE MAMBO TWICE, BUMP N BUMP TWICE

- 1&2 Step right to right (both arms swing to left, body lean to right), recover on left (body recover), right foot bring to close
- 3&4 Step left to left (both arms swing to right, body lean to left), recover on right (body recover), left foot bring to close
- 5&6 Step right diagonal hip bump right, left, right
- 7&8 Step left diagonal hip bump left, right, left
- 9-16 Repeat steps from Part D counts 1-8

(TAP, TAP, STEP, CROSS, CLOSE) TWICE

- 1&2 Tap right toe next to left foot, further out and step right
- 3-4 Left cross over right, bring right to close
- 5&6 Tap left toe to left near to right foot, further out and step left
- 7-8 Right cross over left, bring left to close

JAZZ BOX ½ RIGHT TWICE

- 1-4 Right cross over left, recover on left, ½ right right foot forward, left foot bring to close
- 5-8 Repeat above steps from counts 1-4

PART E

(FORWARD, DRAG) X 8

- 1-4 Right forward, drag left forward, left forward, drag right forward
- 5-8 Repeat 1-4
- 9-12 Repeat 1-4
- 13-16 Repeat 1-4

Traveling to the right direction and complete a full circle for above 16 counts

ENDING

With arm cross from down, open to sides, repeat again till music fade off. You may have a relaxed pose for the ending. (total 12 counts)