

He Xin Nian

Compte: 32

Mur: 2

Niveau: Beginner



Chorégraphe: Chen Kuo-Wei (SG)

Musique: He Xin Nian (贺新年) - Ai Hui Na (爱慧娜)

The title means "Welcome the New Year" in Mandarin
Dedicated to all who celebrate the Lunar New Year

RIGHT JAZZ BOX SCUFF, LEFT JAZZ BOX SCUFF

1-2 Rock cross right foot over left, recover on left

Body & arms - bow your body to left diagonal, clench right fist & hold it with left palm in traditional Chinese greeting

3-4 Step back on right, scuff left foot forward

5-6 Rock cross left foot, recover on right

Body & arms - bow your body to right diagonal, arms as in steps 1-2

7-8 Step back on left, scuff right foot forward

BODY TWISTS TO LEFT, RIGHT JAZZ BOX SCUFF

1-2 On left foot, twist body to left

3-4 Repeat

Arms - by the side, with hands open (lots of attitude!)

5-6 Rock cross right foot over left, recover on left

7-8 Step back on right, scuff left foot forward

HALF TURN, HIP BUMPS

1-2 Step on left, ½ turn right (now facing back wall)

3-4 Step forward on left, hold

5-6 Step forward on right and at same time bump right hip forward and back

7-8 Bump right hip forward and back

SIDE ROCK CROSSES, HOLD

1-2 Rock right foot to right, recover on left

3-4 Cross right foot over left, hold

5-6 Rock left foot to left, recover on right

7-8 Cross left foot over right, hold

REPEAT

ENDING

This music will end when you are facing the front wall and executing the "half-turn", just make a final bow "gong xi fa cai".