Legend of The Snake



拍数: 32 堵数: 4 级数: Improver 编舞者: Juilin Chen (TW) & Irene Deng (TW) - December 2014

音乐: The Last Emperor (Main Title Theme) - David Byrne: (iTunes)



Intro: 40 Count From The Start of The Track (Approx. 27 Seconds Into Track)

Section 1 [1 - 8]Step R、Hold、Cross、Recover

1- 2 Step R to right side(1), Hold (2)

Hands: (Left Hand Behind the Body, Palm Toward Outside) Right Palm Down, Then Right Hand Sweep from Right Side to Front of the Body,

3 - 4 Cross L behind R(3), recover on R(4)

Hands: To Right Side (And Right Palms Up). 5 – 6 Step L to left side (5), Hold(6)

Hands: Wrists From Outside Moving In and Then Up (Turning Twice).

7 - 8 Cross R behind L(7), recover on L (8) (12:00)

Hands: Hands Upwards Softly.

Section 2 [9 - 16]: 1/4 Right, Rocking chair, Sway L, Sway R (3:00)

1 - 2 Turning1/4 Right Step R Forward (1), recover on L (2)

Hands: Toward Right.

3 - 4 Step R backward(3) recover on L(4)

Hands: Toward Left.

5 - 6 Step R to right side, Sway Body to right (5) Hold(6)

Hands: Left Hand Put Front of Chest, Elbow and Shoulder at the same Level

(Right Shoulder High, Left Shoulder Low)

7 – 8 Step L to left side , Sway Body to left (7) Hold (8)

Hands: Right Hand Put Front of Chest, Elbow and Shoulder at the same Level

(Left Shoulder High, Right Shoulder Low)

Section 3 [17 - 24]: Turn1/4 Right, Lock Step, Unwind 1/2 turn left

1 - 2 Turning 1/4 right, Step L forward, Step R behind L (6:00)

Hands: From 06: 00 Turn Counterclockwise.

3-4 Step L forward, Step R behind L

Hands: From 12:00 Turn Counterclockwise.

5 - 8 Cross R over L(5), Slow unwind 1/2 turn left (12:00)

Hands: From 06:00 Turn Clockwise, Then From 12:00 Turn Clockwise.

Section 4 [25 - 32]: Cross、Side、Unwind 1/2 turn left、Crossx2

1 – 2 Cross L over R (1), Step R to right side(2)

Hands: Horizontal (Both Toward Right Side).

3 - 4 Step L behind R(3), Unwind 1/2 turn left(4)(6:00)

Hands: Put Hands on The Shoulders WhenTurning Your Body.

After Turning the Palms Then the Palms Toward Outside (With Palms Up).

5-6 Cross R over L(5), Hold(6)

7-8 Cross L over R(7), Hold(8)

Hands: (5-8) Palms Down, Raising Up to Chest (Slowly), Turning Palms Up. Then Hands Toward Outside.

Dance Finish: After Count 24 of wall 10 Do the Full turn-facing "Home"

Have fun!!! Happy Dance

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