

Yi Huang Jiu Lao Le

COPPER KNOB
STEPPERS

拍数: 32 墙数: 4 级数: Low Intermediate
编舞者: BM Leong (MY) - July 2018
音乐: Yi Huang Jiu Lao Le (一晃就老了) (DJ何鹏版) - Uncle Long Johns (秋裤大叔)



Sequence of dance: 16/16/16/16/32/32/tag/32/32/tag/16/16/16/16/tag/32/32/tag/32/32/tag/32/32/tag/16/16/tag
Start immediately on the first hard beat.

SIDE, POINT, POINT, POINT, 1/4 TURN RIGHT CROSS, POINT, CROSS, POINT

- 1-2 Step L to left side, point R to the back
- 3-4 Point R to the front, point R to the back
- 5-6 Turning 1/4 right cross R over L, point L to left side
- 7-8 Cross L over R, point R to right side

HIP BUMPS RLRL, SIDE, TOUCH, SIDE, TOGETHER

- 1-2 Step down on R bumping hips to right side, bump hips to left side
- 3-4 Bump hips to right side, bump hips to left side
- (While bumping hips, take small steps moving to the right side)
- 5-6 Step R to right side, touch L together
- 7-8 Step L to left side, step R together
- (The hip bumps can be continued for counts 5 and 7)

KICK, KICK, TRIPLE 1/2 TURN LEFT, POINT, POINT, STEP, TOUCH

- 1-2 Kick L forward, kick L forward
- 3&4 Triple 1/2 turn left (small steps almost on the spot) on LRL
- 5-6 Point R forward, point R back
- 7-8 Step R forward, touch L together

BACK, TOUCH, TRIPLE 1/2 TURN RIGHT, HIP BUMPS LRLR

- 1-2 Step L back, touch R together
- 3&4 Triple 1/2 turn right (small steps almost on the spot) on RLR
- 5-8 Bump hips LRLR

TAG: (refer to sequence of dance above)

- 1-8 Jazz box LRLR X 2

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