NI Shi Wo De Ren (你是我的人)

级数: Phrased High Improver

编舞者: Alice Heng (MY) - August 2020

音乐: Ni Shi Wo De Ren (你是我的人) (DJ版)

Sequence : C (Intro), A, A, B, B, C, C, A, A, B, B, B, B, B, B (Ending facing 12.00), C, C

Part A (32 Count)

拍数: 96

Section 1: Grapevine to R, side touch back x2, grapevine to L, side touch back x2

1234 Step RF to R (1), cross LF behind RF (2), step RF to R (3), touch LF next to R (4) Step LF to L (5), touch RF behind LF (6), step RF to R (7), touch LF behind RF (8) 5678

Section 2: Grapevine to L, side touch back x2, grapevine to R, side touch back x2

- 1234 Step LF to L (1), cross RF behind LF (2), step LF to L (3), touch RF next to L (4)
- 5678 Step RF to R (5), touch LF behind RF (6), step LF to L (7), touch RF behind LF (8)

Section 3: Walk forward RLR, hitch, step back LRL, hitch

- 1234 Step forward on RF (1), LF (2), RF (3), hitch on LF (4)
- 5678 Step back on LF (5), RF (6), LF (7), hitch on RF (8)

Section 4: Rolling vine RL

- 1234 Step forward on RF ¼ turn R (1), step back on LF ½ turn R (2), step RF to R ¼ turn R (3), touch LF to L(4)
- 5678 Step forward on LF 1/4 turn L (5), step back on RF 1/2 turn L (6), step LF to L 1/4 turn L (7), touch RF to R (8)

Part B (32 Count)

Section 1: Forward diagonal, touch, step back diagonal, touch (x2)

- 1234 Step forward on RF diagonal R (1), touch LF next to RF (2), step back on LF diagonal R (3), touch RF next to LF (4)
- Step forward on RF diagonal R (5), touch LF next to RF (6), step back on LF diagonal R (5678 7), touch RF next to LF (8)

Section 2: Forward touch RL, back touch RL

- Step forward out on RF to R (1), touch LF next to RF (2), Step forward out on LF to L (3), 1234 touch RF next to LF (4)
- 5678 Step back out on RF to R (5), touch LF next to RF (6), step back out on LF to L (7), touch RF next to LF (8)

Section 3: Step on the spot RLRL with hip sway RLRL, side touch RL

- 1234 Step RF next to LF with hip sway to R (1), step LF next to RF with hip sway to L (2), step RF next to LF with hip sway to R (3), step LF next to RF with hip sway to L (4)
- Step RF to R (5), touch LF next to RF (6), step LF to L (7), touch RF next to LF (8) 5678

Section 4: Jazz box, (step with hip roll 1/4 turn x2)

- 1234 Cross RF over LF (1), step back on LF (2), step RF to R (3), cross LF over RF (4)
- 5678 Step forward on RF with hip roll anticlockwise ¹/₄ turn L (5), step LF to L (6), step forward on RF with hip roll anticlockwise 1/4 turn L (7), step LF to L (8)

Part C (32 Count)

Section 1: (Touch forward with hip sway, step back) RL x2

1234 Touch forward on RF with hip sway to R (1), step back on RF next to LF(2), touch forward on LF with hip sway to L (3), step back on LF next to RF (4)





墙数:2

5 6 7 8 Touch forward on RF with hip sway to R (5), step back on RF next to LF (6), touch forward on LF with hip sway to L (7), step back on LF next to RF (8)

Section 2: Rocking chair x2

- 1 2 3 4 Rock forward on RF (1), recover weight on LF (2), rock back on RF (3), recover weight on LF (4)
- 5 6 7 8 Rock forward on RF (5), recover weight on LF (6), rock back on RF (7), recover weight on LF (8)

Section 3: Out x2, In x2

- 1 2 3 4 Step out forward on RF (1), hold (2), step out forward on LF (3), hold (4)
- 5 6 7 8 Step RF to center (5), hold (6), step LF next to RF (7), hold (8)

Section 4: Hip sway with double count RL, hip sway with single count RLRL

- 1 2 3 4 Hip sway to R (1 2), hip sway to L (3 4),
- 5 6 7 8 hip sway to R (5), hip sway to L (6), hip sway to R (7), hip sway to L (8)