

Semowah Cha

COPPER KNOB
STEPPERS

拍数: 64 墙数: 4 级数: Improver
编舞者: Winnie Yu (CAN) - July 2024
音乐: Shen Me Hua (什麼話) - Gean Lim (林必嫻)



*1 restart @ 6:00

Intro: 32 count

*This dance is dedicated to Ontario Health Region (Toronto & Central)

*65+ line dance classes and Beginner classes.

Section 1: Shuffle Forward, Rock Forward, Recover, Shuffle Back, Back Rock, Recover

- 1&2-3-4 Step forward on R, step L behind R, step forward on R. Rock forward on L, recover weight onto R
5&6- 7-8 Step back on L, step R in front of L, step back on L. Rock back on R, recover weight onto L

Section 2: Shuffle Forward, Pivot ½ R, Shuffle Forward, Forward, Pivot ½ R

- 1&2-3-4 Step forward on R, step L behind R, step forward on R. Step forward on L, Pivot ½ turn R (6:00)
5&6-7-8 Step forward on L, Step R behind L, Step forward on L. Step forward on R, Pivot ½ turn L (12:00)

Section 3: ¼ turn L-Vine R, Side, Recover, Cross Shuffle

- 1-2-3-4 Make a ¼ turn L & step R to R side, Cross L behind R, Step R to R side, Cross L over R (9:00)
5-6-7&8 Side rock onto R, recover onto L, Cross R over L, Step L to L side, Cross R over L

Section 4: Vine L, Side, Recover, Cross Shuffle

- 1-2-3-4 Step L to L side, Cross R behind L, Step L to L side, Cross R over L
5-6-7&8 Side rock onto L, recover onto R, Cross L over R, Step R to R side, Cross L over R

Wall 2: Restart @ 6:00

Section 5: Cruising

- 1-2-3 Step R to R side, Cross L behind R, Make a ¼ turn R stepping forward on R (12:00)
4-5 Step forward on L, Pivot ½ turn R (6:00)
6-7-8 Make a ¼ turn R stepping L to L side, Cross R behind L, Step L to L Side (9:00)

Section 6: [Rock, Recover, R Chasse] X 2

- 1-2-3&4 Cross Rock onto R, Recover onto L, Step R to R side, Step L beside R, Step R to R side.
5-6-7&8 Cross Rock onto L, Recover onto R, Step L to L side, Step R beside L, Step L to L Side

Section 7: [Walk Forward R-L-R, Pivot ½ Turn L] x 2

- 1-2-3-4 Walk forward R,-L-R, Pivot ½ turn L (3:00)
5-6-7-8 Walk forward R,-L-R, Pivot ½ turn L (9:00)

Section 8: Rocking Chair x 2

- 1-2-3-4 Rock forward on right, recover onto left, Rock back on right, recover onto left
5-6-7-8 Rock forward on right, recover onto left, Rock back on right, recover onto left

Wall 6 (Last Wall) - Dance up to count 6 of Section 6, change 7&8 to L Shuffle ½ turn L (Facing 12:00)

Enjoy with Smiles

