

Chan Fu Support 挽扶

COPPER KNOB
STEPPERS

拍数: 32 墙数: 2 级数: Easy Improver
编舞者: Des Ho (SG) - June 2025
音乐: Chan Fu (挽扶) - Ma Jian Tao (马健涛)



Intro: 32 cnts Thank you Kim & Serin Low for recommending this beautiful music

Section 1: Back Sweep Behind, Side, Cross Rock Side, Cross Rock Side, Forward, Step Turn Step [6:00]

- 1 Step back on RF & sweep LF back from the front
- 2&3 Cross LF behind RF, Step RF to the right, Cross rock LF over RF
- 4&5 Recover weight on RF, Step LF to the left, Cross rock RF over LF
- 6&7 Recover weight on LF, Step RF to the right, Step LF forward
- 8&1 Step RF forward, Pivot 1/2 L forward weight on LF, Step RF forward [6:00]

Section2: 1/2 R, 1/2 R, Basic Nightclub L & R, Side Sway [6:00]

- 2& 1/2 R stepping back on LF, 1/2 R step RF forward
- 3&4 Step LF to the left, RF slightly behind LF, Cross LF over RF
- 5&6 Step RF to the right, LF slightly behind RF, Cross RF over LF
- 7&8 Step LF to the left (7), Swing hips to the right (8), Swing hips to the left (&) [6:00]

Section 3: Forward Sweep, Daimond Fallaway 5/8 L, Run Run Hitch, Coaster Step [1:30]

- 1 Step RF forward & sweep LF forward
- 2&3 Cross LF over RF, Step RF to the right, Step LF back on L-diagonal [4:30]
- 4&5 Step back on RF, 1/8 L step LF to the left (3:00), Cross RF over LF on L-diagonal [1:30]
- 6&7 Run forward on LF (6) & RF (&), Run forward on LF & hitch RF (7) [1:30]
- 8& Step back on RF, LF close next to RF [1:30]

Section 4: Pivot 1/2 L, 1/2 L, Back Sweep, Behind Side Cross Rock, 1/4 R, 1/4 R, Sway Sway [6:00]

- 1 Step RF forward [1:30]
- 2&3 Pivot 1/2 L step LF forward on L-diagonal (7:30), 1/2 L step RF backward on L-diagonal (1:30), Step LF back on L-diagonal sweeping RF backward [1:30]

Easy Alternative Option: Run back on LF(2), RF(&), LF(3) [1:30]

- 4&5 Cross RF behind LF, Step LF to the left (square off 12:00), Cross rock RF over LF [12:00]
- 6&7 Recover weight on LF, 1/4 R Step RF forward (3:00), 1/4 R step LF to the left [6:00]
- 8&1 Swing hips to the right (8), Swing hips to the left (&), Start again with LF back (1) [6:00]

Start Again & Enjoy the dance

Contact choreographer: beaverct@gmail.com

Last Update - 2 Jun. 2025 - R1