

搀扶 Chan Fu Remix 2 (Contra)

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Beginner
编舞者: Heru Tian (INA) - June 2025
音乐: 搀扶 (Dj版) - 马健涛



****No Tag, No Restart**

Section 1 : Diagonal Fwd, Touch, Diagonal Back, Touch, Rock Back & Recover/Push Hip X2

1234 Step RF Fwd to R Diagonal (1), Touch LF beside RF (2), Step LF Back to L Diagonal (3),
Touch RF beside LF (4)
5678 Rock RF Back, Push Hip Back (5), Recover on LF, Push Hip Fwd (6), Repeat 5&6 (7,8)

Section 2 : Vine R&L

1234 Step RF to R Side (1), Cross LF behind RF (2), Step RF to R Side (3), Touch LF beside RF
(4)
5678 Step LF to L Side (5), Cross RF behind LF (6), Step LF to L Side (7), Touch RF beside LF (8)

Section 3 : 1/4R Monterey Turn, Fwd Touch Switches

1234 Point RF to R Side (1), 1/4R, Step RF beside LF (2), Point LF to L Side (3), Step LF beside
RF (4)
5678 Touch RF toe Fwd (5), Step RF beside LF (6), Touch LF toe Fwd (7), Step LF beside RF (8)

Section 4 : Walks Fwd, Touch/Clap, Walks Back, Touch

1234 Walk Fwd RF, LF, RF (1-3), Touch LF beside RF, Clap both hands above head (4)

Noted : For the contra version, you can give high five each other on count 4

Start again..

Best Regards,

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