Colorful Island



拍数: 48 墙数: 2 级数: Phrased High Beginner

编舞者: Janet (Zhen Zhen) Ge (CN) - April 2012 音乐: Mi Ren Dao (迷人島) - Sun Nan (孫楠)



Intro: 4X8 count - (16Sec) - Dance Sequence: AAA/BBBB/AA/BBBB/AA/BBBB/AAA

Part A (32 counts)

[1-8] Hip Walk x2, Fwd, Pivot 1/2 Turn L, Fwd Shuffle

1&2 Step R forward and bumps hips forward, back, forward.3&4 Step L forward and bumps hips forward, back, forward.

Step right forward, pivot 1/2 turn left.

7&8 Step right forward, step left next to right, step right forward.

[9-16] Fwd, Pivot 1/2 Turn R, Fwd Shuffle, Cross, Recover, Side, Cross, Recover, Side,

12 Step left forward, pivot 1/2 turn right.

Step left forward, step right next to left, step left forward.
 Cross right over left, recover on left, step right to right side.
 Cross left over right, recover on right, step left to left side.

[17-24] Side, Hold, Together, Rock, Recover, Cross, Side, Hold, Together, Rock, Recover, Cross

Step right to right side (weight on left), hold, step left next to right.

Rock right to right side, recover on left, cross right over left.

Step left to left side (weight on right), hold, step right next to left.

Rock left to left side, recover on right, cross left over right.

[25-32] Twist, Recover, Coast Step, Twist, Recover, Coast Step

1&2 Step right forward & swivel both heel turn R, L, R. (weight ends on L)

3&4 Step right back, step left next to right, step right forward.

5&6 Step left forward & swivel both heel turn L, R, L. (weight ends on R)

7&8 Step left back, step right next to left, step left forward.

Part B (16 counts)

[1-8] Rock, Recover, Back Shuffle, Rock, Recover, Side Shuffle

12 Rock right forward, recover on left.

3&4 Step right back, step left next to right, step right back.

Rock left back, recover on right.

7&8 Step left to left side, step right next to left, step left to left side.

[9-16] Cross, 1/4 Turn R, 1/4 Turn R Shuffle, Stepx2, Fwd Shuffle

12 Cross right over left, 1/4 turn R stepping left back

3&4 1/4 turn R stepping right to right side, step left next to right, step right to right side.

56 Step left in place, step right in place

7&8 Step left forward, step right next to left, step left forward.

Have Fun!

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