拍数： 112 墙数： 1
级数：Phrased Improver
编舞者：Tan Candy（SG）－July 2012
音乐：Wo De Yao Qiu Bing Bu Gao（我的要求並不高）－Tian Xiang（天翔）


This dance is specially choreographed for Mr Ricky Chow to accompany a singing performance in July 2012.
Start after 16 counts－Sequence：（Intro，A，Tag 1，B，Tag 2）x2，C，Intro，Pose

## Introduction（32 counts）

Section 1：Forward Toe Struts $x 2$ ，Pivot $1 / 4$ Turn $x 2$
1234 Touch $R$ fwd，drop $R$ heel taking weight，touch $L$ fwd，drop $L$ heel taking weight
$5678 \quad$ Step forward on $R$ ，pivot $1 / 4$ turn $L$ taking weight on $L$（9：00），repeat count 5－6（6：00）
Section 2：Repeat Section 1 （12：00）

## Section 3：Weave，Jazz Box

$1234 \quad$ Cross $R$ over $L$ ，step $L$ to $L$ side，cross $R$ behind $L$ ，step $L$ to $L$ side

## Section 4：Diagonal Touch，Coaster Step，Hold

12 Step $R$ to $R$ diagonal（1：30），touch $L$ fwd
345 Step back on $L$ ，step $R$ beside $L$ ，step fwd on $L$ squaring off to face 12：00
$6 \& 78$ Hold，raise $R$ hand（\＆），raise $L$ hand（7），cross $R$ hand over $L$ hand with palms on chest（8）
A（32 counts ？2）：You are dancing a 32－count 1－wall dance two times．
Section 1：Side Touch x2，Side Together Side Touch
$1234 \quad$ Step $R$ to $R$ side，touch $L$ beside $R$ ，step $L$ to $L$ side，touch $R$ beside $L$
$5678 \quad$ Step $R$ to $R$ side，step $L$ beside $R$ ，step $R$ to $R$ side，touch $L$ beside $R$

## Section 2：Repeat Section 1 With L Lead

## Section 3：Forward Mambo，Hold，Back Mambo，Hold

1234 Rock fwd on R，recover weight on L，step back on R，hold
5678 Rock back on L，recover weight on R，step fwd on L，hold

Section 4： $1 / 4$ Turn Walk Hold $x 2$ ，Walk $x 4$ Making $1 / 2$ Turn
1234 Step fwd on R making $1 / 4$ turn $R$（3：00），hold，step fwd on $L$ making $1 / 4$ turn $R(6: 00)$ ，hold
$5678 \quad$ Walk RLRL making $1 / 2$ turn $R$ ending with $L$ beside $R$（12：00）

B（32 counts ？2）：You are dancing a 32－count 1－wall dance two times．
Section 1：Lindy R，Lindy L
1\＆2 34 Step $R$ to $R$ side，step $L$ beside $R$ ，step $R$ to $R$ side，rock $L$ behind $R$ ，recover weight on $R$
5\＆678 Repeat count 1－4 with $L$ lead
Section 2：（Step Toe Strut，Cross Toe Strut）x2
1234 Touch $R$ to $R$ side，drop $R$ heel taking weight，cross touch $L$ over $R$ ，drop $L$ heel taking weight
$5678 \quad$ Repeat count 1－4

Section 3：（Scissor Step，Hold）x2
1234 Step R to R side，step L beside R，cross R over L，hold
$5678 \quad$ Repeat count 1－4 with L lead
Section 4：Rocking Chair，Side With Hip Bumps，Side Flick

1234 Rock fwd on $R$, recover weight on $L$, rock back on $R$, recover weight on $L$
5\&6 78 Step $R$ to $R$ side and bump hips RLR, step $L$ to $L$ side, flick $R$ behind $L$

Tag 1 (4 counts)
Side With Hip Bumps, Side, Flick
$1 \& 234$ Step $R$ to $R$ side and bump hips $R L R$, step $L$ to $L$ side, flick $R$ behind $L$
Tag 2 (8 counts)
Back Toe Struts ? 4
1234 Touch $R$ back, drop heel taking weight, touch $L$ back, drop heel taking weight
5678 Repeat count 1-4
C (32 counts +8 counts +8 counts)
Count 1-32 of Section B + Tag $2+$ Count 25-32 of Section B
Pose (1 count)
Touch $R$ to $R$ side and raise $L$ hand with $R$ hand on $R$ hip
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