# My Motherland and I 

拍數： 96 牆數： 2 級數：Improver
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音樂：My Motherland and I by Yin Xiu Mei

Intro： 54 counts
［1－6］SWAY RIGHT，CROSS，1／8 TURN，IN PLACE
1－3 Step $R$ to right side，sway to right（2 counts）
4－6 Cross $L$ over $R$ ，turn 1／8 right stepping $R$ beside $L$ ，Step $L$ in place 1：30

## ［7－12］BACK DRAG，3／4 TURN，1／2 TURN，TOGETHER

7－9 Step $R$ back，drag $L$ towards $R(2$ counts）
10－12 Turn 3／4 left stepping $L$ forward，turn 1／2 left stepping $R$ back，step $L$ together $R$ 12：00
［13－18］SWAY LEFT，CROSS，HOLD，1／8 TURN
13－15 Step $L$ to left side，sway to left（2 counts）
16－18 Cross R over $L$ ，hold，turn 1／8 left stepping $L$ forward， $10: 30$
［19－24］ROCK，HOLD＊2，RECOVER，HOLE＊2
19－21 Step R forward，hold，hold
22－24 Recover L，hold，hold
［25－30］STEP \＆SWEEP，1／8TURN \＆CROSS， $1 / 2$ TURN，TOGETHER
25－27 Step $R$ forward and sweep $L$ from back to front（3 counts）
28－30 Turn 1／8 right and cross $L$ over $R$ ，Turn 1／2 right stepping $R$ forward，step $L$ in place 6：00
［31－36］FORWARD，HOLD＊2，WALK
31－33 Step R forward，hold，hold
34－36 Walk forward $L, R, L$
［37－42］STEP \＆SWEEP，CROSS， $1 / 4$ TURN，TOGETHER
37－39 Step $R$ forward and sweep $L$ from back to front（3 counts）
40－42 Cross L over R，turn 1／4 left stepping R back，step L in place 3：00
［43－48］ROCK，HOLD＊2，RECOVER，HOLE＊2
43－45 Step R forward，hold，hold
46－48 Recover L，hold，hold
※RESTART：You will Restart here on the 2nd ，3rd ，5th and tag 1．You will Restart here on the 6th and tag 2
［49－54］FORWARD，SWEEP＊2，CROSS，SWEEP＊2
49－51 Step R forward，sweep $L$ from back to front（2 counts）
52－54 Cross L over R，sweep $R$ from back to front（2 counts）
［55－60］CROSS， $1 / 4$ TURN，TOGETHER，BACK，HOLD＊2
55－57 Cross $R$ over $L$ ，turn 1／4 right stepping $L$ back，step $R$ together $L$ 6：00
58－60 Step L back，hold，hold
［61－66］FORWARD，SWEEP＊2，CROSS，SIDE，BEHIND
61－63 Step $R$ forward，sweep $L$ from back to front（2 counts）
64－66 Cross $L$ over $R$ ，step $R$ to right side，step $L$ behind $R$
［67－72］SWAY RIGHT，SWAY LEFT

67-69 Step $R$ to right side, sway to right (2 counts)
70-72 Step $L$ to left side, sway to left (2 counts)
[73-78]1/4 TURN, 1/2 TURN, $1 / 2$ TURN, FORWARD, HOLD*2
73-75 Turn 1/4 right stepping $R$ forward, turn $1 / 2$ right stepping $L$ back, turn $1 / 2$ right stepping $R$ forward 9:00
76-78 Step L forward, hold, hold
[79-84]BACK, HOLD*2, BACK, BACK, TOGETHER
79-81 Step R back, hold, hold
82-84 Walk back $L$, R, step $L$ beside $R$
[85-90] BACK, BACK, TOGETHER, $1 / 4$ TURN, ROCK BACK
85-87 Walk back R, L, step R beside $L$
88-90 Turn 1/4 left stepping $L$ to left side, rock back $R$, recover to $L$ 6:00
[91-96] SWAY RIGHT, CROSS, FULL UNWIND
91-93 Step $R$ to right side, sway to right (2 counts)
94-96 Cross $L$ over $R$, unwind full turn to right (2 counts)
Tag 1: FORWARD,SWEEP*2,1/2 TURN RIGHT,CROSS,HOLD
1-3 Step $R$ forward, Sweep $L$ from back front(2 counts)
4-6 Turn 1/2 right, Cross L over R, Hold
Tag 2: FORWARD , POINT*2 , FORWARD , POINT*2 , STEP,3/4 SPIRAL TURN L
1-3 Step $R$ forward, Point $L$ to left side, Hold
4-6 Step L forward, Point R to right side, Hold
7-9 $\quad$ Step $R$ forward, Spiral 3/4 turn $L(2$ counts weight on $L$ )

## ※RESTARTS: -

\#1. On the 2nd ,3rd ,5th wall add Tag 1 then Restart.
\#2. On the 6th wall add Tag 2 then Restart.
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