Hai Yu Lian



拍數: 96 編數: 2 級數: Phrased Easy Intermediate

編舞者: Jennifer Jou (TW) - November 2015

音樂: Hai Yu Lian By Siao Jing Teng



Intro:16 counts - Sequence:A/B / B/B /A/B / B/B /B/Tag/B

D4	4 -00	
Part	A 32	counts

Sec A1: RUN FWD R L R L,ROCK R,ROCK L,ROCK R,ROCK L

1234 Run fwd on R L R L

5 6 7 8 Step RF to R and rock to R,rock L,rock R,rock L

Sec A2:RIN BACK R L R L,ROCK R,ROCK L,ROCK R,ROCK L

1234 Run back on R L R L

5 6 7 8 Step RF to R and rock to R,rock L,rock R,rock L

Sec A3:SIDE,TOG,SIDE,KICK,SIDE,TOG,SIDE,KICK

step RF to R, step LF together, step RF to R, kick LF to L diagonal Step LF to L, step RF together, step LF to L, kick RF to R diagonal

Sec A4:SIDE,KICK,SIDE.KICK,SWIVEL HEELS RLRL

1 2 3 4 Step RF to R,kick LF,step LF to L,kick RF 5 6 7 8 Swivel both heels R L R L (weight to L)

Part B: 64 counts

Sec B1: KICK, TOG, KICK, TOG

1 2 3 4 kick R forward, step RF beside L, kick LF fwd, step LF beside R

5678 Repeat

Sec B2: TWIST TO THE R,TWIST TO THE L

1 2 3 4 Step RF to R with body twisting from central to the R (weight to R)

5 6 7 8 Twist body to the L (weight to L)

Sec B3: BACK ROCK, RECOVER, SIDE ROCK, RECOVER, 1/4 TURN JAZZ BOX

1 2 3 4 Rock RF behind LF, recover onto LF, rock RF to R side, recover onto LF

5 6 7 8 Cross RF over LF, step LF back, 1/4 turn R step RF to R, step LF next RF 3:00

Sec B4: ROCKING CHAIR, FWD, 1/2 PIVOT, FWD, 1/4 PIVOT

1 2 3 4 Rock RF fwd,recover on LF,rock RF back,recover on LF

5 6 7 8 Step RF fwd,1/2 turn left weight on LF,step RF fwd,1/4 turn right weight on LF 6:00

Sec B5: TOE, HEEL, TOE, HEEL, TWIST TRAVELLING RIGHT

Weight on LF swivel R toe in,R heel out,R toe in, R heel out

Twist Heels to R, twist toes to R, twist heels to R.hitch LF

Sec B6: TOE, HEEL, TOE, HEEL, TWIST TRAVELLING LEFT

1 2 3 4 Weight on RF,swivel L toe in,L heel out,Ltoe in,L heel out5 6 7 8 Twist heels to L, twist toes to L,twist heels to L,hitch RF

Sec B7: CROSS,TOUCH,CROSS,TOUCH,HIP R BUMP

1 2 3 4 Cross RF over LF, touch LF to L, cross Lf over RF, touch RF to R

5 6 7 8 Step RF to R and hip bump to R over 4 counts

Sec B8: BEHIND, TOUCH, BEHIND, TOUCH, HIP L BUMP

1 2 3 4 Cross LF behind RF,touch RF to R,cross RF behind LF,touch LF to L 5 6 7 8 Step LF to L side and hip bump to L over 4 counts

Tag: 24 counts

CROSS, TOUCH, CROSS, TOUCH, HIP R BUMP

1 2 3 4 Cross RF over LF, touch LF to L, cross Lf over RF, touch RF to R

5 6 7 8 Step RF to R and hip bump to R over 4 counts

BEHIND, TOUCH, BEHIND, TOUCH, HIP L BUMP

1 2 3 4 Cross LF behind RF, touch RF to R, cross RF behind LF, touch LF to L

5 6 7 8 Step LF to L side and hip bump to L over 4 counts

SIDE,KICK,SIDE.KICK,SWIVEL HEELS RLRL

1 2 3 4 Step RF to R, kick LF, step LF to L,kick RF 5 6 7 8 Swivel both heels R L R L (weight to L)

Have fun and enjoy......

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