

Bai Shou Huan Ge

COPPER KNOB
STEPPERS

拍數: 52 牆數: 2 級數: Phrased High Improver
編舞者: China Line Dance Sport Promotion Centre (CN) - July 2017
音樂: Bai Shou Huan Ge (摆手欢歌)



Dance Sequence: A - BB* - BB* - T - A- BB* - BB* - Ending

Intro 8 Counts from heavy beat (approx 22 sec)

Part A: (34 counts)

[1-8] Fwd L-R-L, 1/2 Turn L Together, Shaking knee (x4)

1 2 3 4 Step left forward (body toward to 1:30), step right forward (body toward to 10:30), step left forward (body towards 1:30), 1/2 turn L stepping right together (6:00)

5 6 7 8 Bend-straighten your both knees four times

(Hand Option: (1-3) hand and foot is same direction, (4)swing your hands cross your chest, (5-8)swing your hands on both sides & swing your hands cross your chest two times)

[9-16] Same to 1-8 of Part A (12:00)

[17-24] Sway L-R-L-R/Shaking knee, 1/4 Turn Rock/Shaking knee, Recover

1 2 3 4 Step left to side & sway L, sway R, sway L, sway R (bend-straighten your both knees four times)

5 6 7 8 1/4 turn R rocking left forward (bend-straighten your knees four times), 1/4 turn R recovering on right (6:00)

[25-34] Sway L-R-L-R/Shaking knee, 1/4 Turn R Rock/Shaking knee, Recover

1 2 3 4 Sway L, sway R, sway L, sway R (bend-straighten your both knees four times)

5-10 1/4 turn R rocking left forward (bend-straighten your knees six times), 1/4 turn R recovering on right (12:00)

Part B: (18 counts) (From 12:00 to 6:00)

[1-8] Fwd, 1/4 Turn Point, 1/4 Turn Fwd, 1/4 Turn point, 1/4 Turn Place, Switch Step, Jump, Touch, Rev.

1 2 Step left forward, 1/4 turn L pointing right to side

3 4 1/4 turn R stepping right forward, 1/4 turn R pointing left to side

&5&6 1/4 turn L step left in place, point right to side, step right together, point left to side

&7&8 Jump left to side, touch right beside left, recover on right

(Hand movements: (1) swing your both hands forward & don't exceed the height of your shoulders, (2)swing your right hand to your chest & your left hand to your back, (3)swing your both hands forward & don't exceed the height of your shoulders, (4)swing your left hand to your chest & your right hand to your back)

[9-18] 1/4 Turn L Shuffle, Shuffle, Place-Hitch-Place (x2), 1/4 Turn Place-Hitch-Place

1&2 1/4 Turn L stepping left forward, step right next to left, step left forward (9:00)

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

5&6 Step left in place, hitch right & jump left slightly, step right in place

7&8 Step left in place, hitch right & jump left slightly, step right in place

9&10 1/4 Turn L stepping left in place, hitch right & jump left slightly, step right in place (6:00)

Part B* (20 counts) (From 6:00 to 12:00)

[1-18] Same to 1-18 of Part B

[19-20] Repeat 17-18 of Part B

Tag: (24 counts)

[1-8] Yang Ge Step (x2),

1 2 3 4 Cross left over right, cross right over left, step left back, step right back

5 6 7 8 Cross left over right, cross right over left, step left back, step right back
(Hands option: planting style)

[9-16] Rock, Rock, Shaking knee (x3), Tog

1 2 3 4 Rock left forward, recover on right, rock left forward, recover on right
5 6 7 8 Bend-straighten your knees three times, step right together

(Hands option: grinding style)

[17-24] Side-Touch-Hold (x4)

&1 2&3 4 Step left to side, touch right beside left, hold, step left to side, touch right beside left, hold
&5 6&7 8 Step right to side, touch left beside right, hold, step right to side, touch left beside right, hold

(Hands option: weaving style)

Ending: (12 counts)

1-8 Same to 1-8 of Part B

[9-12] Around Circle

1-4 1/4 Turn L stepping left forward, 1/4 turn L stepping right forward, 1/4 turn L stepping left forward, 1/4 turn L stepping right forward (12:00) Pose !!!

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