

The Chinese Hip Swing

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Beginner
編舞者: Grit Benke (DE) - September 2018
音樂: Yi Huang Jiu Lao Le (一晃就老了) (DJ何鵬版) - Uncle Long Johns (秋褲大叔)



To this choreo I was inspired by a video on FB and some friends. The dance is intended as a fun dance and I hope that many dance the dance with me. Please send your dance videos to <https://www.copperknob.co.uk/>
Thanks to Heiko Lattner for creating the demo video.

Intro 32 count, start with the vocal

S1: Side R, close, side R, close, side R, tough, side L, close

1,2,3,4 RF step right, LF close to RF, RF step right, LF close to RF
5,6,7,8 RF step right, tough LF beside RF, LF step left, RF close to LF
(swing your hips vigorously)

S2: Side L, close, side L, R tough, heel, toe, R step forward ¼ turn right, LF side point

1,2,3,4 LF step left, RF close to LF, LF step left, tough RF beside LF
(swing your hips vigorously)
5,6,7,8 tough R Heel forward, tough R toe back, RF step forward with ¼ turn R, point L toe left

S3: LF cross, side, LF behind, side, LF cross, side, LF behind, RF side point

1,2,3,4 cross LF over RF, RF step right, cross LF behind RF, RF step right
5,6,7,8 cross LF over RF, RF step right, cross LF behind RF, point right toe right

S4: Walk forward diagonally left (R-L-R), LF tough, walk back diagonally left (L-R-L), RF tough

1,2,3,4 walk forward left diagonally stepping R-L-R, tough LF beside RF
5,6,7,8 walk back left diagonally stepping L-R-L, tough RF beside LF

Start again.

Tag – after every second wall (wall 2, 4, 6, 8, 10, 12)

R rocking chair, R V-steps (out-out, in-in)

1,2 step RF forward (weight on RF), weight back on LF
3,4 step RF back (weight on RF), weight back on LF
5,6 step RF diagonal forward (out), step LF diagonal forward (out)
7,8 step RF diagonal back (in), LF close to RF (in)

Finish – after wall 13

R rocking chair, R V-steps (out-out, in-step) ¼ turn L

1,2 step RF forward (weight on RF), weight back on LF
3,4 step RF back (weight on RF), weight back on LF
5,6 step RF diagonal forward (out), step LF diagonal forward (out)
7,8 step RF diagonal back (in), step LF forward with ¼ turn left

Have fun, smile and line dance. Happy hip swing.