## Our Reggaeton

拍數： 80
銅數： 2
級數：Phrased Easy Intermediate
編舞者：Lily Chin（MY）\＆Leong Mei Ling（MY）－March 2020
音樂：China Reggaeton（feat．Anthony Wong（黃秋生））－Namewee（黃明志）
Music Intro：Dance starts approx． 11 seconds into the track，after the guzheng（chinese harp）instrumental．For body movements \＆hand styling，please refer to the video at http：／／bit．ly／2TvWCP8
Sequence：Intro，ABB，ABB，Intro，BB，last 8 counts of B（2X）NO TAGS，NO RESTARTS

## Dance Intro：

## Set 1：Position Body to 1：30，L Toe resting beside $R$ foot

| $1-6$ | Slowly raise $L$ arm from hip forward and upwards，like a clock hand moving counter clockwise |
| :--- | :--- |
| from 6：00 to 12：00（body pulsing with the beat） |  |
| $7-8$ | Step $L$ down，rest $R$ toe beside $L$（body now facing 10：30） |

Set 2：Body Position at 10：30

| $1-6$ | Slowly raise $R$ arm from hip forward and upwards，like a clock hand moving clockwise from <br> $6: 00$ to $12: 00$（body pulsing with the beat） |
| :--- | :--- |
| $7-8$ | （square back to 12：00）Step $R$ to side，$L$ to side |

Set 3：HORIZONTAL HAND SWEEPS

| $1-4$ | Lean body back and left，extend $L$ arm horizontally fwd across body at chest level，slowly <br> sweeping from $R$ to $L$（as body moves from $L$ to $R$ ） |
| :--- | :--- |
| $5-8$ | Do the reverse of $1-4$ |

## Set 4 WALK FORWARD，WALK BACK

1－4 Step forward R，L，R，L（extend both arms forward from hip to chest level）
5－8 Step back R，L，R，step L to side（bring both hands back to chest）
SECTION A（64 counts）
［1－8］SHOULDER SHAKES，CHEST POP
1－3 Push $L$ shoulder back $x 3$（gradually transferring weight from $L$ to $R$ foot）
4 Pop chest forward［10：30］（weight on R，L bent at the knee，toe resting on floor）
\｛Hands：please refer to video\}
5－7 Step down on $L$ ，push $R$ shoulder back x3（gradually transferring weight from $R$ to $L$ ）
8 Pop chest forward［1：30］（sit weight on L，R foot bent at the knee，toe resting on floor）
\｛Hands：please refer to video\}

|  | CK－RECOVER－BACK（R，L），BACK ROCK，STEP TOU |
| :---: | :---: |
| 1\＆2 | Step $R$ back，recover weight to $L$ ，step $R$ in place |
| 3\＆4 | Step $L$ back，recover weight to $R$ ，step $L$ in place |
| 5－6 | Rock R back，recover to $L$ |
| \＆ 7 | Step $R$ fwd to right diagonal，touch $L$ beside |
| \＆8a | Step $L$ fwd to left diagonal，touch $R$ beside，then hitch $R$ |

［17－24］BOTA FOGOS，CROSS， $1 / 4$ BACK，BALL CROSSES
1a2 Step $R$ across $L$ ，place ball of $L$ to side，replace weight to $R$
3a4 Step $L$ across $R$ ，place ball of $R$ to side，replace weight to $L$
5－6 Step $R$ across $L, 1 / 4$ turn right step $L$ back［3：00］
a7a8 Step ball of $R$ beside $L$ ，cross $L$ in front of $R$ ，step ball of $R$ to side，cross $L$ in front of $R$turn), step $R$ in place [6:00]
[33-40] HALF RUMBA BOX FWD, FWD SHUFFLE, FWD MAMBO, STEP-FLICK
1\&2 Step $R$ to side, close $L$ beside $R$, step $R$ forward
3\&4 Step $L$ fwd, close $R$ slightly behind $L$, step $L$ forward
5\&6 Step R fwd, recover weight to L, step R back
7-8 Step $L$ beside $R$, flick $R$ foot to the side and slightly back
\{please refer to video for arms styling\}
[41-48] POINTS, SAILOR STEP, POINTS, SHIMMY
1-2 $\quad$ Touch $R$ toe to front left diagonal, touch $R$ toe to right side
$3 \& 4 \quad$ Step ball of $R$ behind $L$, step $L$ to left side, step $R$ to right side
5-6 Touch $L$ toe to front right diagonal, touch $L$ toe to left side
7-8 Step down $L$ (both feet bent at knees), shimmy shoulders \& gradually transfer weight from $R$ to $L$, touch $R$ beside $L$
[49-56] REGGAETON BACK PUSHES (4X)
1-2 Place ball of $R$ to back right diagonal (lean fwd, pushing bum back) [4:30]Step $R$ slightly back and centre (straighten body) [6:00]
3-4 Place ball of $L$ to back left diagonal (lean fwd, pushing bum back) [7:30]Step $L$ slightly back and centre (straighten body) [6:00]
5-8 Repeat steps 1-4.
(note: you are gradually travelling backwards)
[57-64] WALK FORWARD, HIP ROLLS
1-2 Walk forward R, L
3-4 Touch $R$ beside $L$, step $R$ to side (feet are shoulder width apart)
(count 3: bend both arms in front of face, crouching slightly,count 4: raise both arms above head, elbows still bent)
5-8 Roll hips counter clockwise over 4 counts (lower arms on each side from head to shoulders to chest to hip)

## SECTION B : CHORUS (16 counts)

[1-8] HANDSTYLING: ALTERNATING ARM PULLS, OPEN - CLOSE HORIZONTAL ARMS
(Arms bent at the elbows, forearms vertical and fingers pointing up, palms facing each other)
1\&2 Pull $R$ forearm down as $L$ forearm goes up (1), raise $R$ forearm $L$ forearm goes down (\&), $R$ forearm down as $L$ forearm goes up (2).
3\& Arms still bent at the elbow, place both forearms horizontally away from body to respective sides at chest level, palms facing forward (3), bring both palms to chest facing inward (\&),
4\& Repeat counts 3\&
5-8 Cross both arms in front of chest palms facing up, then extend arms and simultaneously do a horizontal sweep of $R$ arm to right, $L$ arm to left (body leans from right to left)
\{please refer to video for clearer comprehension of the above description\}

## [9-16] ALTERNATING UP \& DOWN ARM WAVES, CLAP, ARM SWEEP <br> $1 \& \quad$ [body faces 9:00]

(Starting position: $R$ arm up, $L$ arm down, palms facing up) bring $R$ arm down as $L$ goes up (1) Reverse action: $R$ arm up, Larm down (\&)
2-3 Repeat counts ' $1 \&$ ' two more times
4 Arms still extended, clap palms together
5-6 Palms still together, sweep extended arm horizontally from right to left
7-8 $\quad L$ arm remains extended, gradually slide $R$ palm along $L$ arm towards chest

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