

# Tai Yang Gu Niang (太阳姑娘)

COPPER KNOB  
STEP SHEETS

拍數: 72      牆數: 1      級數: Phrased Improver  
編舞者: Penny Tan (MY) - April 2025  
音樂: Tai Yang Gu Niang (太阳姑娘) - Suo Lang Zha Xi (索朗扎西)



No Tag / No Restart / Bridge (4C) x3

B\* : Dance Sec1 , add Bridge (4C) & continue with Sec2 & so on ~~~

Bridge :Step , Lock , Step , Together

1-4                      Step RF fwd(1) ,lock LF behind RF (2) ,step RF fwd (3) , step LF next to RF (4)

SOD:AA B\* B AA B\* B A B\* B Ending (8C)

Part A (32C)

SEC1:WALK FWD , HITCH , SIDE , HITCH (R-L)

1-4                      Walk fwd R-L-R , hitch L knee fwd  
5-6                      Step LF to L side, hitch R knee fwd  
7-8                      Step RF to R side, hitch L knee fwd

SEC2:WALK BACK , HITCH, SIDE , HITCH (R-L)

1-4                      Walk back L-R-L , hitch R knee fwd  
5-6                      Step RF to R side, hitch L knee fwd  
7-8                      Step LF to L side, hitch R knee fwd

SEC3:WALK FWD DIAGONALLY,KICK (R-L)

1-4                      Walk fwd slightly R diagonal R-L , step to R side by squaring back facing 12:00 , kick LF fwd to L diagonal  
5-8                      Walk fwd slightly L diagonal L-R , step LF to L side by squaring back facing 12:00 , kick RF fwd to R diagonal

SEC4:SIDE , KICK (R-L-R-L)

1-2                      Step RF to R , kick LF over RF  
3-4                      Step LF to L , kick RF over LF  
5-6                      Step RF to R , kick LF over RF  
7-8                      Step LF to L , kick RF over LF

Part B (40C)

SEC1:FWD , FLICK , BACK , HOOK (x2)

1-2                      Step RF fwd , flick LF behind RF  
3-4                      Step LF back, hook RF over LF  
5-6                      Step RF fwd , flick LF behind RF  
7-8                      Step LF back, hook RF over LF

\*Bridge 4C here every first B

SEC2:FWD , RECOVER , ½ TURN R FWD SHUFFLE , FWD , RECOVER , ½ TURN L FWD SHUFFLE

1-2                      Rock RF fwd , recover on L  
3&4                      ¼ turn R , step RF to R , step LF next to RF (3:00) , ¼ turn R , step RF fwd (6:00)  
5-6                      Rock LF fwd , recover on R  
7&8                      ¼ turn L , step LF to L , step RF next to LF (3:00) , ¼ turn L , step LF fwd (12:00)

SEC3:STEP , FLICK (R-L-R-L)

1-2                      Step RF to R , flick LF behind RF  
3-4                      Step LF to L, flick RF behind LF  
5-6                      Step RF to R , flick LF behind RF

7-8                    Step LF to L, flick RF behind LF

**SEC4:1/4 TURN R , SMALL RUN , HITCH (x2)**

1-4                    ¼ turn R , small run fwd R-L-R , hitch L knee (3:00)

5-8                    ¼ turn R , small run fwd R-L-R , hitch L knee (6:00)

**SEC5:1/4 TURN R , SMALL RUN , HITCH (x2)**

1-4                    ¼ turn R , small run fwd R-L-R , hitch L knee (9:00)

5-8                    ¼ turn R , small run fwd R-L-R , hitch L knee (12:00)

**Have fun and happy dancing!**

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