Chan Fu Remix (搀扶)



拍數: 64 編數: 4 級數: Easy Intermediate

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音樂: Chan Fu (搀扶) (DJ伟然版) - 薇哥Vear



Introduction: 32 Counts (No Tag, No Restart)

Section 1: R Basic Cha Cha, Back Step (sit), Forward Shuffle

12, 3 & 4 Rock R forward, recover on L, back shuffle R/L/R

5 6, 7 & 8 Back & sit on L (head look back), hold, forward shuffle R/L/R

Section 2: Pivot 1/2 R Turn, 1/2 R Turn Cha Cha, Kick Ball Point R, L

1 2, 3 & 4 Step L forward, 1/2 turn right, cha cha steps L/R/L 1/2 turn right [12:00]

5 & 6Kick R forward, step R in place, point L toe to L7 & 8Kick L forward, step L in place, point R toe to R

Section 3: Cross Step, Point, 1/4 L Turn Point, R Syncopated Lock Steps & Hitch

1 2, 3 4 Cross step R, point L toe to L, 1/4 L turn on L, point R toe to R [9:00]

5 & 6 & 7, 8 (Towards 7:30) Lock steps R/L/R/L/R, hitch L knee across R

Hand gestures: Explode both hands up

Section 4: Sync. Weave & Point, Rolling Turn L with Chasse

1 2, 3 & 4 L cross over R, steps R to side, L cross behind R, steps R to side, point L toe to L

5 6, 7 & 8 Step L 1/4 L, step R 1/4 L turn, 1/2 L chasse L /R /L [9:00]

Section 5: Paddle 1/4 L Turn (2X), Cross Mambo R, L

1 2 3 4 Hip sway R 1/4 turn (2X) - with hands swing overhead [3:00]

5 & 6, 7 & 8 Cross R over L, recover on L, steps R to R side, Cross L over R, recover on R, steps L to L

side

Section 6: Paddle 1/4 L Turn (2X), R Basic Cha Cha

1 2 3 4 Hip sway R 1/4 turn (2X) - with hands swing overhead [9:00]

5 6, 7 & 8 Rock R forward, recover on L, back shuffle R/L/R

Section 7: Hip Bumps with 1/2 R Turn (2X)

1 2, 3 & 4 1/4 R bump L, Bump R, (look over L), bump L, hitch R, 1/4 R [3:00]

5 6, 7 & 8 Repeat as 1 to 4 [9:00]

Section 8: L Forward Mambo & Hitch, Shoulders Strut, Body Roll, Touch

1 2 3 4 Rock forward L, recover on R, step back L, hitch up R (with R hand push forward)

5 & 6, 7 8 Shuffle forward R/L/R (with R shoulder up, down, up) Step L forward body roll on 7, touch R

toe beside L (8)

Happy Dancing !!

Note: Please refer to video demo for complete hand gestures

Ending: On last wall facing 6:00, after section 1, step L forward, pivot 1/2 turn R, forward cha cha steps, holding hands with both sides buddies, TA-DA!