Sawadee Pi Mai

拍數: 32

級數: Beginner

編舞者: Chen Kuo-Wei (SG)

音樂: Sawadee Pi Mai - Thongchai McIntyre

Dedicated to Peter and Ee Lin, and the "Yippee!" dancers

WEAVE TO THE LEFT AND ROCKING CHAIR, BOW

Arms: palms clasped together in Thai greeting

- 1-2 Cross right over left, step left to left
- 3-4 Cross right behind left, step left to left
- 5-6 Rock forward on right, recover on left (take a bow as you do this)
- 7-8 Rock back on right, recover on left

HANDS ON "GLASS PANEL" AND SWIVEL RIGHT

- 1-2 Right palm open, press it on an imaginary glass panel to your front, to the far right at the same time recover weight on right foot (hold one count)
- 3-4 Left palm does the same and follow right palm, but is positioned directly in front of right shoulder (hold one count)
- 5-6 Without moving your hands, swivel right; move heels to right, move toes to follow
- 7-8 Without moving your hands, swivel right; move heels to right, move toes to follow (thus you would have "moved" your body back to where your hands were?)

ROCKING CHAIR, BOW, LEFT HALF TURN, SHUFFLE

- 1-2 Rock forward on left foot, (palms clasped, head bowed in Thai greeting) recover on right
- 3-4 Rock back on left foot, recover on right
- 5-6 Rock forward on left foot, (palms clasped, head bowed in Thai greeting) recover on right
- 7&8 Half turn left, shuffle left, right, left (now facing back wall)

SIDE ROCK CROSSES, LEFT AND RIGHT

- 1&2 Rock right foot to right, recover on left, cross right over left
- 3&4 Rock left foot to left, recover on right, cross left over right
- 5&6 Rock right foot to right, recover on left, cross right over left
- 7&8 Rock left foot to left, recover on right, cross left over right

REPEAT

ENDING

The music ends when you are executing the "Hands on mirror" swivel, facing the original wall. clasp your hands together once again in the traditional Thai greeting





牆數:2