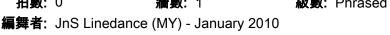
Fen Xiang Ai

拍數: 0

級數: Phrased Intermediate



音樂: Fen Xiang Ai - Aaron Kwok

牆數:1



Sequence of dance: A+4 counts sway, B,C,A(bounce to beat of music)D, tag1, C,A(with bounce), D-, tag2, D, tag3, B(ending) (This dance is dedicated to Mdm. Lee Yoke Pheng.) Part A (32 counts.) HAND ACTIONS 1-4 Step left to left while throwing left hand out from center to left at waist level and palm facing up. 5-8 Shift weight to right while throwing right hand out from center to right at waist level and palm facing up Shift weight to center, splash both hands out from center to respective sides 1-4 Repeat counts 1-4 of this section. 5-8 1-4 Raise left hand up diagonally to right side, down across body and bring it back to left thigh Splash left hand out from side to center at chest level with palm facing downward to rest 5-8 fisted on right shoulder.

1-8 Perform the same hand action in section 3 with right hand.

Part B (32 counts.)

"SIDE-ROCK, CHA CHA IN PLACE" X 2

- 1-2 Rock left to left side, recover onto right
- 3&4 Triple steps on the spot LRL
- 5-6 Rock right to right side, recover onto left
- 7&8 Triple steps on the spot RLR

"CROSS-ROCK, SIDE CHACHA" X 2

- 1-2 Cross left over right, recover onto right
- 3&4 Cha cha to left side on LRL
- 5-6 Cross right over left, recover onto left
- 7&8 Cha cha to right side on RLR

BASIC CHA CHA

- 1-2 Rock left forward, recover onto right
- 3&4 Cha cha backward on LRL
- 5-6 Rock right back, recover onto left
- 7&8 Cha cha forward on RLR

"PIVOT-TURN, FORWARD CHA CHA" X 2

- Step left forward, pivot 1/2 turn right 1-2
- 3&4 Cha cha forward on LRL
- 5-6 Step right forward, pivot 1/2 turn left
- 7&8 Cha cha forward on RLR

Part C (64 counts.)

CROSS ROCKS X 4

1&2 Cross left over right, recover onto right, cross left over right again

- 3&4 Cross right over left, recover onto left, cross right over left again
- 5&6 Repeat 1&2
- 7&8 Repeat 3&4

STEP-BALL-BUMPS X 4

- 1&2 Small step left to left, keep right ball touch beside left while bumping right & left
- 3&4 Small step right to right, keep left ball touch beside right while bumping left & right
- 5&6 Repeat 1&2
- 7&8 Repeat 3&4

CROSS ROCKS X 4

- 1&2 Cross left over right, recover onto right, cross left over right again
- 3&4 Cross right over left, recover onto left, cross right over left again
- 5&6 Repeat 1&2
- 7&8 Repeat 3&4

STEP-BALL-BUMPS X 4

- 1&2 Small step left to left, keep right ball touch beside left while bumping right & left
- 3&4 Small step right to right, keep left ball touch beside right while bumping left & right
- 5&6 Repeat 1&2
- 7&8 Repeat 3&4

"DIAGONALLY FORWARD KICK, BACK, TOUCH" X 2

- 1-2 Step forward left diagonally right (facing 1.30), kick right forward
- 3-4 Step right back, touch left behind right
- 5-8 Repeat counts 1-4

"DIAGONALLY FORWARD KICK, BACK, TOUCH" X 2

- 1-2 Step forward left diagonally right (facing 1.30), kick right forward
- 3-4 Step right back, touch left behind right
- 5-8 Repeat counts 1-4

ROCKING CHAIR X 2

- 1-2 Rock left forward, recover onto right
- 3-4 Rock left back, recover onto right
- 5-8 Repeat counts 1-4

JAZZ BOX-CROSS X 2

- 1-2 Cross left over right, step right back
- 3-4 Step left together, cross right over left
- 5-8 Repeat counts 1-4

Part D (32 counts.)

SIDE-CROSS X 4 WITH HAND ACTIONS

- 1-2 Step left to left side, cross right over left
- 3-4 Step left to left side, cross right over left
- 5-6 Step left to left side, cross right over left
- 7-8 Step left to left side, cross right over left

CROSS-SIDE X 4 WITH HAND ACTIONS

- 1-2 Cross left over right, step right to right side
- 3-4 Cross left over right, step right to right side
- 5-6 Cross left over right, step right to right side
- 7-8 Cross left over right, step right to right side

SIDE-CROSS X 4 WITH HAND ACTIONS

- 1-2 Step left to left side, cross right over left
- 3-4 Step left to left side, cross right over left
- 5-6 Step left to left side, cross right over left
- 7-8 Step left to left side, cross right over left

CROSS-SIDE X 4 WITH HAND ACTIONS

- 1-2 Cross left over right, step right to right side
- 3-4 Cross left over right, step right to right side
- 5-6 Cross left over right, step right to right side
- 7-8 Cross left over right, step right to right side

(Hand actions for above 32 counts : Swing both hands out/in above shoulder at chin level with palms facing downwards and finger tips pointing to cheek for counts 1-8. Lean body slightly right when travelling to left side, and slightly left when travelling to right side.)

TAG 1 (72 counts.)

FORWARD MAMBO, HOLD, BACK MAMBO, HOLD

- 1-4 Rock left forward, recover onto right, step left together, hold
- 5-8 Rock right back, recover onto left, step right together, hold

LEFT MAMBO, HOLD, RIGHT MAMBO, hold

- 1-4 Rock left to left side, recover onto right, step left together, hold
- 5-8 Rock right to right side, recover onto left, step right together, hold

FORWARD MAMBO, HOLD, BACK MAMBO, HOLD

- 1-4 Rock left forward, recover onto right, step left together, hold
- 5-8 Rock right back, recover onto left, step right together, hold

LEFT MAMBO, HOLD, RIGHT MAMBO, hold

- 1-4 Rock left to left side, recover onto right, step left together, hold
- 5-8 Rock right to right side, recover onto left, step right together, hold

SIDE-TOGETHER-SIDE-TOUCH, ¼ TURN LEFT SIDE-TOGETHER-SIDE-TOUCH (9.00)

- 1-4 Step left to left side, step right together, step left to left side, touch right together
- 5-8 Turning ¼ left step right to right side, step left together, step right to right side, touch left together

SIDE-TOGETHER-SIDE-TOUCH, ¼ TURN LEFT SIDE-TOGETHER-SIDE-TOUCH (6.00)

1-4 Step left to left side, step right together, step left to left side, touch right together
5-8 Turning ¼ left step right to right side, step left together, step right to right side, touch left together

SIDE-TOGETHER-SIDE-TOUCH, ¼ TURN LEFT SIDE-TOGETHER-SIDE-TOUCH (3.00)

- 1-4 Step left to left side, step right together, step left to left side, touch right together
- 5-8 Turning ¼ left step right to right side, step left together, step right to right side, touch left together

SIDE-TOGETHER-SIDE-TOUCH, ¼ TURN LEFT SIDE-TOGETHER-SIDE-TOUCH (12.00)

- 1-4 Step left to left side, step right together, step left to left side, touch right together
- 5-8 Turning ¼ left step right to right side, step left together, step right to right side, touch left together

"SIDE-TOGETHER-SIDE-TOUCH" X 2 (12.00)

- 1-4 Step left to left side, step right together, step left to left side, touch right together
- 5-8 Step right to right side, step left together, step right to right side, touch left together

TAG 2 (24 counts.) HAND CLAPS

- AND CLAPS
- 1&2& Clap hands twice in front of chest, clap hands on thighs twice bending knees
- 3&4& Clap hands twice in front of chest, clap right hand on left upper arm and left on right upper arm twice each
- 5&6&7&8& Repeat 1&2&3&4&

TAG 3 (8 counts.)

BODY SHAKING DOWN & UP WITH RIGHT INDEX FINGER POINTING UP AND SWING AT CHEST LEVEL

- 1-2 Shaking body down
- 3-4 Shaking body up
- 5-6 Shaking body down
- 7-8 Shaking body up

ENDING

During section 4 of Part B while doing counts 5-6, splash both hands up above head from center down to side with weight on right foot. Repeat the same hand actions and pose for the end of the dance.

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