

Ban-Ka

拍數: 64 牆數: 2 級數: Phrased Improver
編舞者: Tina Chen Sue-Huei (TW) - July 2012
音樂: Banka (挽歌) - Teresa Teng (鄧麗君)



Sequence of dance: AA BBB(16) (Tag) AA BBB(16)(Tag)
Danced By Tina Chen's & class 2012.06.25

(Teresa's corresponding Chinese song is "Teary Love".)

Tag (32 counts)

- 1-4 Step R to R side, step L beside R, step R to R side, hold
- 5-8 Make a ½ turn R stepping L to L side, step R beside L, step L to L side, hold
- 9-12 Rock R fwd, recover on L, rock back on R, recover on L
- 13-16 Rock R fwd, recover on L, rock back on R, recover on L
- 17-32 Ditto as above 1-16 procedures

A (32 counts)

A1. SIDE CLOSE, SIDE CROSS, SIDE BACK, CROSS SIDE

- 1-4 Step R to R side, step L beside R, step R to R side, cross L over R
- 5-8 Step R to R side, step back on L, cross step R over L, step L to L side

A2. SIDE CLOSE, SIDE CROSS, SIDE BACK, CROSS SIDE

- 1-4 Step L to L side, step R beside L, step L to L side, cross R over L
- 5-8 Step L to L side, step back on R, cross step L over R, step R to R side

A3. RUMBA BOX FWD, CLOSE, TOUCH, RUMBA BOX BACK, CLOSE, HOLD

- 1-4 Step R to R side, step L beside R, step R fwd, touch L toes beside R
- 5-8 Step L to L side, step R beside L, step L back, hold

A4. BACK ROCK HALF TURN, SWEEP, BACK ROCK, FWD, TOUCH

- 1-2 Rock R back, recover on L
- 3-4 Half turn L and step back on R, sweep L from front to back
- 5-6 Step L back, recover on R
- 7-8 Step L fwd, touch R beside L

B (32 counts)

B1. CROSS CHA CHA, HITCH, CROSS CHA CHA, HITCH

- 1-4 Cross R over L, step L to L side, cross R over L, hitch L
- 5-8 Cross L over R, step R to R side, cross L over R, hitch R

B2. L WEAVE, SWEEP, R VINE, HOLD

- 1-4 Cross R over L, step L to L side, cross R behind L, sweep L to the back
- 5-8 Cross L behind R, step R to R side, cross L over R, hold

B3. SIDE ROCK, RECOVER, CROSS, HOLD, SIDE ROCK, RECOVER, CROSS, HOLD

- 1-4 Rock R to R side, recover on L, cross step R over L, hold
- 5-8 Rock L to L side, recover on R, cross step L over R, hold

B4. WALK FWD, HOLD, WALK FWD, HOLD, PIVOT ½ TURN L, SIDE CLOSE

- 1-4 Step R fwd, hold, step L fwd, hold
- 5-8 Pivot ½ turn L stepping R fwd, step L fwd, step R beside L, step L in place

Have fun & repeat!

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