

Shen Nong Gu

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Count: 56 **Wall:** 1 **Level:** High Beginner

Choreographer: China Line Dance Sport Promotion Centre (July 2017)

Music: She Nong Gu by Xie Jia Qing (4:15)

Intro: 16 Counts from heavy beat (approx. 34 sec)

[1-8] 1/2 Rumba Box, 1/2 Rumba Box, Back, Sweep, Back, Sweep, Coaster Step

- 1&2** Step right to side, step left next to right, step right forward
- 3&4** Step left to side, step right next to left, step left forward
- 5&6&** Step right back, sweep left from front to back, step left back, sweep right from front to back
- 7&8** Step right back, step left next to right, Step right forward

[9-16] 1/2 Rumba Box, 1/2 Rumba Box, Back, Sweep, Back, Sweep, Coaster Step

- 1&2** Step left to side, step right next to left, step left forward
- 3&4** Step right to side, step left next to right, step right forward
- 5&6&** Step left back, sweep right from front to back, step right back, sweep left from front to back
- 7&8** Step left back, step right next to left, step left forward

[17-24] 1/8 Turn Shuffle, 1/4 Turn Flick, Shuffle, 1/8 Turn Scissors Step, Scissors Step

1&2&1/8 Turn L stepping right forward, lock left behind right, step right forward (10:30) 1/4 turn R flicking left back (1:30)

- 3&4** Step left forward, lock right behind left, step left forward

5&6 1/8 Turn L stepping right to side, step left next to right, cross right over left (12:00)

- 7&8** Step left to side, step right next to left, cross left over right

[25-32] Cross Unwind Turn, Fwd (x3), Cross Unwind Turn, Fwd (x3)

- 1 2** Cross right over left, 1/2 turn L weight on right
- 3&4** Step left forward, step right forward, step left forward (6:00)
- 5 6** Cross right over left, 1/2 turn L weight on right
- 7&8** Step left forward, step right forward, step left forward (12:00)

[33-40] Weave Step, Side, Cross, Recover, Side, Weave Step, Side, Cross, Recover, Side

- 1&2&** Cross right over left, step left to side, Cross right behind left, step left to side
- 3 4&** Cross right over left, recover on left, step right to side
- 5&6&** Cross left over right, step right to side, Cross left behind right, step right to side
- 7 8&** Cross left over right, recover on right, step left to side

[41-48] Fwd, 1/2 Pivot Turn (x2), Cross, Recover, Side (Stomp), Cross, Recover, Side (Stomp)

- 1 2** Step right forward, 1/2 pivot turn L (6:00)
- 3 4** Step right forward, 1/2 pivot turn L (12:00)
- 5&6** Cross right over left, recover on left, step right to side and left foot off the ground
- 7&8** Cross left over right, recover on right, step left to side and right foot off the ground

[49-56] 1/8 Turn Fwd, 1/8 Turn Fwd, 1/4 Turn shuffle □ 1/8 Turn Fwd, 1/8 Turn Fwd, 1/4 Turn shuffle (x2)

(Do around circle)

- 1 2 1/8 Turn L stepping right forward (10:30), 1/8 turn L stepping left forward (9:00)**
- 3&4 1/4 Turn L stepping right forward, step left next to right, step right forward (6:00)**
- 5 6 1/8 Turn L stepping left forward (4:30), 1/8 turn L stepping right forward (3:00)**
- 7&8 1/4 Turn L stepping left forward, step right next to left, step left forward (12:00)**

Tag; 32 Counts (After 32 counts on wall 2)

[1-8] Side, Touch, Side, Touch, Walk 1/2 Circle

- 1 2 3 4** Step right to side, touch left over right, step left to side, touch right over left
- 5 6 7 8** Step right forward, 1/4 turn R stepping left forward, 1/4 turn R stepping right forward, step left forward (6:00)

[9-16] Side, Touch, Side, Touch, Walk 1/2 Circle

- 1 2 3 4** Step right to side, touch left next to right, step left to side, touch right next to left

5 6 7 8 Step right forward, 1/4 turn R stepping left forward, 1/4 turn R stepping right forward, step left forward (12:00)

[17-24] Same to 1-8 of Tag

[25-32] Same to 9-16 of Tag

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