

Ai shen de jian ()

LINEDANCE.COM

Count: 32 **Wall:** 1 **Level:** Absolute Beginner

Choreographer: Katherine Lee - Happy-Fit LDG - May 2020

Music: by Sharon Au

Intro : 4x8

*** for our stay home friends with space constraint at home.***

Starts with our Left Foot. No tag No Restarts

S1: Side rock, behind, side, cross, side chasse, rock back

123&4LF side rock, RF recover, LF cross behind RF, RF side, LF cross,

5&678RF side, LF together, RF side, LF rock back, RF recover.

S2: Rocking chair, side chasse, rock back

1234LF rock forward, RF recover, LF rock back, RF recover,

5&678LF side, RF together, LF side, RF rock back, LF recover.

S3: (Cross, point) x2, rock forward, coaster step

1234RF cross, LF point to the side, LF cross, RF point to the side,

567&8RF rock forward, LF recover, RF step back, LF close, RF forward.

S4: Rolling vines (L/R) or non-turning vines

1234LF forward make $\frac{1}{4}$ L-turn(9:00), RF back make $\frac{1}{2}$ L-turn(3:00), LF side make $\frac{1}{4}$ Lturn(12:00), RF touch next to LF,

5678RF forward make $\frac{1}{4}$ R-turn(3:00), LF back make $\frac{1}{2}$ R-turn(9:00), RF side make $\frac{1}{4}$ L turn(12:00), LF touch next to RF.

Keep Active! Keep Dancing!

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Source: LineDance.com — https://www.linedance.com/index.php?f=dance_view&id=142338