

MYSTICAL (SHEN QI)

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Count: —

Wall: 1

Level: intermediate/advanced

Choreographer: Catherine Chew

Music: Shen Qi by Stefanie Sun

Sequence:ABC, BCD, CCE

PART A

(HEEL, HEEL, CLOSE, STOMP, STOMP) TWICE

- 1&2 Touch right heel to right diagonal twice, bring right to close
- 3-4 Stomp left foot twice (weight remain on right)
- 5&6 Touch left heel to left diagonal twice, bring left to close
- 7-8 Stomp right foot twice (weight remain on left)

(SIDE, CLOSE, SIDE SHUFFLE) TWICE

- 1-2 Step right to right, left foot bring to close
- 3&4 Step right to right, left foot bring to close, step right to right

Each time open both palms to the right diagonal down when you step to the side, turn palms when you bring in your foot

- 5-8 Repeat counts 1-4 start from step left to left

CROSS BACK & CROSS, POINT, FLICK, JAZZ BOX FORWARD

- 1-2& Cross right over left, step left back, step right to right
- 3&4 Cross left over right, point right to right side, flick right heel
- 5-8 Cross right over left, step left back, step right to side and step left forward

CROSS BACK & CROSS, POINT, FLICK, JAZZ BOX FORWARD

- 1-2& Cross right over left, step left back, step right to right
- 3&4 Cross left over right, point right to right side, flick right heel
- 5-8 Cross right over left, step left back, step right to side and step left forward

PART B

(CROSS ROCK STEP) TWICE, (CROSS, SIDE) X 3, CROSS

- 1&2** Right cross over left, recover on left, step right together (cross hand and close palms together in front of chest)
- 3&4** Left cross over right, recover on right, step left together, (cross hand and close palms together in front of chest)
- 5&6&** Right cross over left, step left to the side, right cross over left, step left to the side
- 7&8** Right cross over left, step left to the side, right cross over left

During the counts from 5-8, cross hand in front of chest and open slowly out to the sides

- 9-16** Repeat counts 1-8 start from left cross over right

(ROCKING CHAIR WITH SHIMMY, ½ LEFT, ¼ LEFT) TWICE

- 1-4** Step right forward (body lean forward with shimmy), left foot recover, step right back (body lean backward with shimmy), left foot recover
- 5-8** Step right forward, pivot ½ left, step right forward, pivot ¼ left

(ROCKING CHAIR WITH SHIMMY, ½ LEFT, ¼ LEFT) TWICE

- 1-8** Repeat steps from part b counts 17-24

- 33-64** Repeat steps from Part B counts 1-32 facing opposite wall

- 65-80** Repeat steps from Part B counts 1-16 facing home wall

PART C

TURN ¼ RIGHT BALL STEPS X 3 AND ¼ RIGHT CROSS TO COMPLETE FULL RIGHT TURN, HOLD

- 1&2&** Turn ¼ right cross over left, left ball step behind, ¼ right turn right cross over left, left ball step behind
- 3&4** Turn ¼ right turn right cross over left, left ball step behind, ¼ right turn right cross over left

TURN ¼ LEFT BALL STEPS X 3 AND ¼ LEFT CROSS TO COMPLETE FULL LEFT TURN, HOLD

- 5&6&** Turn ¼ left cross over right, right ball step behind, ¼ left turn left cross over right, right ball step behind
- 7&8** Turn ¼ left turn left cross over right, right ball step behind, ¼ left turn left cross over right

(RIGHT SAILOR, LEFT SAILOR ¼ RIGHT TURN) TWICE

- 1&2** Step right behind left, recover on left, step right to right side
- 3&4** Turn ¼ right turn step left behind right, recover on right, step left to left side
- 5&6** Step right behind left, recover on left, step right to right side
- 7&8** Turn ¼ right turn step left behind right, recover on right, step left to left side
- 17-32** Repeat steps from Part C counts 1-16

PART D

SIDE MAMBO TWICE, BUMP N BUMP TWICE

- 1&2** Step right to right (both arms swing to left, body lean to right), recover on left (body recover), right foot bring to close
- 3&4** Step left to left (both arms swing to right, body lean to left), recover on right (body recover), left foot bring to close
- 5&6** Step right diagonal hip bump right, left, right
- 7&8** Step left diagonal hip bump left, right, left
- 9-16** Repeat steps from Part D counts 1-8

(TAP, TAP, STEP, CROSS, CLOSE) TWICE

- 1&2** Tap right toe next to left foot, further out and step right
- 3-4** Left cross over right, bring right to close
- 5&6** Tap left toe to left near to right foot, further out and step left
- 7-8** Right cross over left, bring left to close

JAZZ BOX ½ RIGHT TWICE

- 1-4** Right cross over left, recover on left, ½ right right foot forward, left foot bring to close
- 5-8** Repeat above steps from counts 1-4

PART E

(FORWARD, DRAG) X 8

1-4 Right forward, drag left forward, left forward, drag right forward

5-8 Repeat 1-4

9-12 Repeat 1-4

13-16 Repeat 1-4

Traveling to the right direction and complete a full circle for above 16 counts

ENDING

With arm cross from down, open to sides, repeat again till music fade off. You may have a relaxed pose for the ending. (total 12 counts)