

Hai Yu Lian

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Count: 96 **Wall:** 2 **Level:** Phrased Easy Intermediate

Choreographer: Jennifer Jou ,Taiwan (Nov. 2015)

Music: Hai Yu Lian By Siao Jing Teng

Intro:16 counts - Sequence:A/B / B/B /A/B / B/B /B/Tag/B

Part A:32 counts

Sec A1: RUN FWD R L R L,ROCK R,ROCK L,ROCK R,ROCK L

1 2 3 4 Run fwd on R L R L

5 6 7 8 Step RF to R and rock to R,rock L,rock R,rock L

Sec A2:RIN BACK R L R L,ROCK R,ROCK L,ROCK R,ROCK L

1 2 3 4 Run back on R L R L

5 6 7 8 Step RF to R and rock to R,rock L,rock R,rock L

Sec A3:SIDE,TOG,SIDE,KICK,SIDE,TOG,SIDE,KICK

1 2 3 4step RF to R ,step LF together,step RF to R,kick LF to L diagonal

5 6 7 8 Step LF to L,step RF together,step LF to L,kick RF to R diagonal

Sec A4:SIDE,KICK,SIDE.KICK,SWIVEL HEELS RLRL

1 2 3 4 Step RF to R,kick LF,step LF to L,kick RF

5 6 7 8 Swivel both heels R L R L (weight to L)

Part B: 64 counts

Sec B1: KICK,TOG,KICK,TOG

1 2 3 4kick R forward,step RF beside L,kick LF fwd,step LF beside R

5 6 7 8 Repeat

Sec B2: TWIST TO THE R,TWIST TO THE L

1 2 3 4 Step RF to R with body twisting from central to the R (weight to R)

5 6 7 8 Twist body to the L (weight to L)

Sec B3: BACK ROCK,RECOVER,SIDE ROCK,RECOVER,1/4 TURN JAZZ BOX

1 2 3 4 Rock RF behind LF, recover onto LF, rock RF to R side, recover onto LF

5 6 7 8 Cross RF over LF, step LF back, 1/4 turn R step RF to R, step LF next RF 3:00

Sec B4: ROCKING CHAIR, FWD, 1/2 PIVOT, FWD, 1/4 PIVOT

1 2 3 4 Rock RF fwd, recover on LF, rock RF back, recover on LF

5 6 7 8 Step RF fwd, 1/2 turn left weight on LF, step RF fwd, 1/4 turn right weight on LF 6:00

Sec B5: TOE, HEEL, TOE, HEEL, TWIST TRAVELLING RIGHT

1 2 3 4 Weight on LF swivel R toe in, R heel out, R toe in, R heel out

5 6 7 8 Twist Heels to R, twist toes to R, twist heels to R. hitch LF

Sec B6: TOE, HEEL, TOE, HEEL, TWIST TRAVELLING LEFT

1 2 3 4 Weight on RF, swivel L toe in, L heel out, L toe in, L heel out

5 6 7 8 Twist heels to L, twist toes to L, twist heels to L, hitch RF

Sec B7: CROSS, TOUCH, CROSS, TOUCH, HIP R BUMP

1 2 3 4 Cross RF over LF, touch LF to L, cross Lf over RF, touch RF to R

5 6 7 8 Step RF to R and hip bump to R over 4 counts

Sec B8: BEHIND, TOUCH, BEHIND, TOUCH, HIP L BUMP

1 2 3 4 Cross LF behind RF, touch RF to R, cross RF behind LF, touch LF to L

5 6 7 8 Step LF to L side and hip bump to L over 4 counts

Tag: 24 counts

CROSS, TOUCH, CROSS, TOUCH, HIP R BUMP

1 2 3 4 Cross RF over LF, touch LF to L, cross Lf over RF, touch RF to R

5 6 7 8 Step RF to R and hip bump to R over 4 counts

BEHIND, TOUCH, BEHIND, TOUCH, HIP L BUMP

1 2 3 4 Cross LF behind RF, touch RF to R, cross RF behind LF, touch LF to L

5 6 7 8 Step LF to L side and hip bump to L over 4 counts

SIDE, KICK, SIDE, KICK, SWIVEL HEELS RLRL

1 2 3 4 Step RF to R, kick LF, step LF to L, kick RF

5 6 7 8 Swivel both heels R L R L (weight to L)

Have fun and enjoy.....

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