

# SHAOLIN DANCE

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**Count:** 36

**Wall:** 2

**Level:** Beginner / Intermediate

**Choreographer:** Henry Costa

**Music:** Xin Lan (Blue Heart) by Andy Lau Tak-Wah

## **FORWARD, FORWARD, CROSS UNWIND $\frac{1}{2}$ TURN TRIPLE STEP, FORWARD, FORWARD, CROSS UNWIND $\frac{3}{4}$ TURN TRIPLE STEP**

- 1-2** Step forward right, step forward left
- 3&4** Cross right in front of left (weight on ball of foot, heel raised), left step with turn (on ball of left foot - starting turn to left), right step next to left ( $\frac{1}{2}$  turn triple step completed - drop down heel of right so weight is throughout right)
- 5-6** Step forward left, step forward right
- 7&8** Cross left in front of right (weight on ball of foot, heel raised), right step with turn (on ball of right - starting turn to right), left step next to right ( $\frac{3}{4}$  turn triple step completed - drop down heel of left so weight is throughout left)

## **FORWARD, FORWARD, CROSS UNWIND $\frac{1}{2}$ TURN TRIPLE STEP, FORWARD, FORWARD, CROSS UNWIND $\frac{3}{4}$ TURN TRIPLE STEP**

- 1-2** Step forward right, step forward left
- 3&4** Cross right in front of left (weight on ball of foot, heel raised), left step with turn (on ball of left foot - starting turn to left), right step next to left ( $\frac{1}{2}$  turn triple step completed - drop down heel of right so weight is throughout right)
- 5-6** Step forward left, step forward right
- 7&8** Cross left in front of right (weight on ball of foot, heel raised), right step with turn (on ball of right - starting turn to right), left step next to right ( $\frac{3}{4}$  turn triple step completed)

## **BACK, RECOVER, STEP, BACK, RECOVER, STEP, BACK, RECOVER, STEP, BACK, RECOVER, STEP**

- 1&2** Step back right, recover weight on left, right next to left (weight now on right)
- 3&4** Step back left, recover weight on right, left next to right (weight now on left)
- 5&6** Step back right, recover weight on left, right next to left (weight now on right)
- 7&8** Step back left, recover weight on right, left next to right (weight now on left)

**RIGHT HIP BUMP, RIGHT HIP BUMP, LEFT HIP BUMP, LEFT HIP BUMP, RIGHT, LEFT,  
RIGHT, LEFT HIP SWAYS IN PLACE**

- 1-2** Right hip bump, right hip bump (2 hip bumps to right side in place)
- 3-4** Left hip bump, left hip bump (2 hip bumps to left side in place)
- 5-6** Right hip sway to right, left hip sway to left (both done in place)
- 7-8** Right hip sway to right, left hip sway to left (both done in place - weight transferred to left)

**RIGHT STEP FORWARD, ½ PIVOT, RIGHT STEP FORWARD, ½ PIVOT**

- 1-2** Right step forward, ½ pivot left (weight transfers to left)
- 3-4** Right step forward, ½ pivot left (weight transfers to left)

**REPEAT**