

Sha Long Nv Lang (紗籠女郎)

Count: 32

Wall: 4

Level: Beginner

Choreographer: Mayee Lee (MY) - January 2023

Music: Sha Long Nuu Lang (紗籠女郎) - Anita Mui (梅艷芳)

Intro: Start after 20 counts or start at 0.10 seconds

Section 1 : R Forward, L Recover, Touch R, R Back, L Back, R Recover, Touch L, L Forward

1 – 4 Step R forward(1), recover on L(2), touch R beside L(3), step R back(4)

5 – 8 Step L back(5), recover on R(6), touch L beside R(7), step L forward(8)

Section 2 : Cross R, Recover L, Together, Touch L, Hold, Cross L, Recover R, Together, Touch R, Hold

12 &34 Cross R(1), recover on L(2), step R beside L(&), touch L to L(3), hold(4)

56 &78 Cross L(5), recover on R(6), step L beside R(&), touch R to R(7), hold(8)

Section 3 : R Forward Shuffle, L Forward, Touch R, Monterey ½ R, Touch L, L Forward

1 – 4 Step R forward(1), step L on ball beside R(2), step R forward(3), step L forward(4)

5 – 8 Touch R to R(5), monterey ½ turn R step R beside L(6)(6.00), touch L to L(7), step L forward(8)

Section 4 : ¼ R Jazz Box, R Out, L Out, Hold, L In, R In, Hold

1 – 4 Cross R(1), ¼ turn R step L back(2)(9.00), step R to R(3), step L forward(4)

&56 &78 Step R out(&), step L out(5), hold(6), step L in(&), step R in(7), hold (8)

Restart : During wall 5 (12.00), dance 20 counts & restart facing 12.00

Tags : End of wall 3 (3.00) & wall 8 (3.00), add 4 counts Tag (facing 3.00)

&12 &34 ¼ turn L step R back(&)(12.00), touch L forward(1), hold(2), ¼ turn R step on L(&), touch R beside L(3), hold (4)

Ending : During wall 10 (12.00), dance 19 counts & pose

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