

Yi Sheng Cong Cong Ai Cheng Kong (一生匆匆爱成空)



Count: 32

Wall: 2

Level: Intermediate

Choreographer: Erni Jasin (INA) & Heru Tian (INA) - August 2026

Music: 一生匆匆爱成空 - 人间客&野火姐姐



No Tag, No Restart!
Intro: Start On Vocal!

S1: FWD, SWEEP, CROSS, SIDE, 1/8L, ROCK BACK, RECOVER, 1/2R, BACK/SWEEP, COASTER, FWD, 1/8R, MODIFIED JAZZ BOX, BIG STEP SIDE

- 12&3 Step Rf fwd and sweep LF from back to front (1), cross Lf over Rf (2), step Rf side (&), 1/8L rock Lf back (3) (10:30)
- 4&5 Recover on Rf (4), 1/2R step Lf back (&), step Rf back and sweep Lf (5) (4:30)
- 6&7 Step Lf back (6), step Rf together (&), step Lf fwd (7)
- 8&1 Cross Rf over Lf (8), 1/8R step Lf slightly back (&), Rf big step side (1) (6:00)

S2: CROSS BEHIND, SIDE, CROSS, SIDE, 1/4L, FWD, FULL TURN R, FWD, ROCK, RECOVER, TOGETHER

- 2&3 Cross Lf behind Rf (2), step Rf side (&), cross Lf over Rf (3)
- 4&5 Step Rf side (4), 1/4L step Lf fwd (&), step Rf fwd (5) (3:00)
- 6&7 1/2R Step Lf back (6), 1/2R step Rf fwd (&), rock Lf fwd (7)
- 8& Recover on Rf (8), step Lf next to Rf (&)

S3 : R FWD, L 1/4R SCISSORS, HINGE 1/2L, R CROSS ROCK , R SIDE, L 1/8R FWD, R SWEEP, R FWD, L 1/8R SIDE

- 1 2&3 Step RF Fwd (1) (3.00), 1/4R, Step LF to L Side (2), Step RF beside LF (&), Cross LF over RF (3) (6.00)
- 4& 1/4L , Step RF Back (4), 1/4L, Step LF to L Side (&) (12.00)
- 5&6 Rock RF cross over LF (5), Recover on LF (6), Step RF to R Side (&)
- 7&8 1/8R, Step LF Fwd, Sweep RF back to front (7) (1.30), Cross RF over LF (8), 1/8R, Step LF to L Side (&) (3.00)

S4 : R 1/8R BACK, L BACK, R 1/8R SIDE, L SYNC WEAVE, L CROSS ROCK, L 3/8L TOGETHER, R POINT, R 1/4R FWD, L 1/2R BACK, R 1/2R FWD

- 12& 1/8R, Step RF Back (1) (4.30), Step LF Back (2), 1/8R, Step RF to R Side (&) (6.00)
- 3&4& Cross LF over RF (3), Step RF to R Side (&), Cross LF behind RF (4), Step RF to R Side (&)
- 5&6&7 Rock LF cross over RF (5), Recover on RF (6), 3/8L, Step LF beside RF (&), Point RF to R Side (7) (3.00)
- 8&1 1/4R, Step RF Fwd (8), 1/2R, Step LF Back (&), 1/2R, Step RF Fwd, Sweep LF back to front (1)

**Happy Dancing ☐

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