

Nyanda Mo Balaeng

Count: 32

Wand: 4

Ebene: Improver

Choreograf/in: Yola Ireneous (INA) - February 2020

Musik: Nyanda Mo Balaeng by Tantowi Yahya



#32 counts Intro . *Restart on wall 4 after 16 counts

I. HALF RUMBA BOX FWD, SWAY, HALF RUMBA BOX BACK, SWAY

- 1 & 2 Step L to side – close R beside L – step L forward
- 3 – 4 Sway to right – sway left
- 5 & 6 Step R to side – close L beside R – step R back
- 7 – 8 Sway to left – sway right

II. BOTAFOGO L & R, JAZZBOX ¼ TURN LEFT

- 1 & 2 Cross L over R – rock R to side – recover on L
- 3 & 4 Cross R over L – rock L to side – recover on R
- 5 – 8 Cross L over R – ¼ turn left step R back – step L to side – step R forward (9.00)

*(Restart on wall 4)

III. LOCK SHUFFLE FWD , PIVOT ½ LEFT, LOCK SHUFFLE FWD, PIVOT ½ RIGHT

- 1 & 2 Step L forward – lock R behind L – step L forward
- 3 – 4 Rock R forward – turn ½ left recover on L(3.00)
- 5 & 6 Step R forward – lock L behind R – step R forward
- 7 – 8 Rock L forward – turn ½ right recover on R(9.00)

IV. ROCKING CHAIR, FULL TURN LEFT

- 1 – 4 Rock L forward – recover on R – rock L back – recover on R
- 5 – 8 Step L forward – turn ½ left step R back – turn ½ left step L forward – step R forward

*(Optional count 5-8 full turn left, just walk forward on LRLR)

Happy dancing !!!

Contact email : yolaireneps@gmail.com