

Satu Nusa Satu Bangsa

Count: 64

Wand: 1

Ebene: Improver

Choreograf/in: Lalita Atikandhari (INA) & S. Sos (INA) - August 2020

Musik: Satu Nusa Satu Bangsa - Eygra & Rachel



Intro : 16 counts starting dance on vocal.

Sequence : A, B, Tag 1, A, B, Tag 2, A, Tag 3

PART A : 32 counts

A1 (1-8) R Side Step, Touch, L Side Step, Touch, Chasse to right, Touch, Chasse to left, Touch

- 1-2-3-4 (1) Side step R to right (2) Touch L close to R (3) Side Step L to left (4) Touch R close to L
5-&-6-& (5) Side step R to right (&) Step L together (6) Side step R to right (&) Touch L close to R
7-&-8-& (7) Side step L to right (&) Step R together (8) Side step L to right (&) Touch R close to R

A2 (9-16) R Side Step, Touch, L Side Step, Touch, Chasse to right, Touch, Chasse to left, Touch

- 1-2-3-4 (1) Side step R to right (2) Touch L close to R (3) Side Step L to left (4) Touch R close to L
5-&-6-& (5) Side step R to right (&) Step L together (6) Side step R to right (&) Touch L close to R
7-&-8-& (7) Side step L to right (&) Step R together (8) Side step L to right (&) Touch R close to R

A3 (17-24) Half Rumba Box 4x

- 1-&-2 (1) Step R to side (&) Close L together (2) Step R forward
3-&-4 (3) Step L to side (&) Close R together (4) Step L forward
5-&-6 (5) Step R to side (&) Close L together (6) Step R forward
7-&-8 (7) Step L to side (&) Close R together (8) Step L forward

A4 (25-32) Skate Diagonal Backward (R-L-R-L), Rolling Vine R, Rolling Vine L

- 1-2-3-4 (1) Step R diagonal backward with pushing the body, (2) Step L diagonal backward with pushing the body, (3) Step R diagonal backward with pushing the body, (4) Step L diagonal backward with pushing the body
5-&-6 (5) ¼ Turn right Step R forward (&) ½ Turn right Step L backward (6) ¼ Turn right Step R to side
7-&-8 (7) ¼ Turn left Step L forward (&) ½ Turn left Step R backward (8) ¼ Turn left Step L to side

PART B : 32 counts

B1 (1-8) Weave, Botafogo

- 1-&-2-&-3-&-4 (1) cross R over L (&) step L to side (2) cross R behind L (&) step L to Side (3) Cross R over L (&) Ball of L (4) Step R in Place
5-&-6-&-7-&-8 (5) cross L over R (&) step R to side (6) cross L behind R (&) step R to Side (7) Cross L over R (&) Ball of R (8) Step L in Place

B2 (17-24) Cross, Sweep forward, Touch, Cross, Sweep backward, Touch, Cross, Back, Slide R, Cross, Back, Slide L

- 1-&-2-&-3-&-4-& (1) Cross R over L (&) Sweep L forward (2) Cross L over R (&) Touch R to side (3) Cross R behind L (&) Sweep L backward (4) Cross L behind R (&) Touch R to side
5-&-6-7-&-8 (5) Cross R over L (&) Step L backward (6) Slide R to side (7) Cross L over R (&) Step R backward (8) Slide L to side

B3 (25-32) R Diagonal Lock Shuffle, Touch Behind, L Diagonal Lock Shuffle, Touch Behind, ½ Monterey, Modified V Step

- 1-&-2-&-3-&-4-& (1) step R diagonal forward to right (&) Lock L behind R (2) step R diagonal forward to right (&) Touch L behind R (3) step L diagonal forward to left (&) Lock R behind L (4) step L diagonal forward to left (&) Touch R behind L

5-&-6-&-7-&-8-& (5) Touch R to side (&) Turn 1/2 to right, close R together (6) Touch L to side (&) Close L together (7) Step R diagonal forward to right (&) Step L diagonal forward to left (8) Step R backward to center (&) Step L together

B4 (25-32) R Diagonal Lock Shuffle, Touch Behind, L Diagonal Lock Shuffle, Touch Behind, ½Monterey, Modified V Step

1-&-2-&-3-&-4-& (1) step R diagonal forward to right (&) Lock L behind R (2) step R diagonal forward to right (&) Touch L behind R (3) step L diagonal forward to left (&) Lock R behind L (4) step L diagonal forward to left (&) Touch R behind L

5-&-6-&-7-&-8-& (5) Touch R to side (&) Turn 1/2 to right, close R together (6) Touch L to side (&) Close L together (7) Step R diagonal forward to right (&) Step L diagonal forward to left (8) Step R backward to center (&) Step L together

TAG 1 : 14 counts (1-2-3-4-5-6) Walk Circle to right RLRLRL, (1-2-3-4-5-6-7-8) Walk Circle to left RLRLRLRL

TAG 2 : 22 counts (1-2-3-4-5-6) Walk Circle to right RLRLRL, (1-2-3-4-5-6-7-8) Walk Circle to left RLRLRLRL, (1-2-3-4-5-6-7-8) Step in place RLRLRLRL

TAG 3 : 6 counts (1-2-3-4-5-6) Walk Circle to right RLRLRL

Enjoy The Dance . Thank You
Contact : lalita.oenix@gmail.com
Last Update - 1 May 2021
