

Kapan Kapan

Count: 32

Wand: 4

Ebene: Improver

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Musik: Kapan Kapan - Rinte Nine



Intro: 32 counts.

Restart after 16 counts on wall 2 , 5 , 8 , 11

I : Forward(2x), Backward , Lock Shuffle Back , Recover , Side Chasse.

1,2,3 Step Forward i(R,L), step R back.
4 & 5 Step L back , R cross over L, step L back.
6 , 7 Step R back , L recover.
8 & 1 Step RF to R, LF next RF, RF to R.

II : Cross , Recover , Chasse , Cross , 1/4 Turn R Backward, 1/2 turn R Shuffle Forward.

2 , 3 Step LF cross over R , RF recover.
4 & 5 Step LF to L , RF next to L, LF to L.
6 , 7 Step RF cross over LF, 1/4 turn R step LF back.
8 & 1 1/4 turn R step RF forward, LF next to R, step RF forward.

III : Sway , Hip Bump (2x).

2 , 3 Step LF forward diagonal sway, RF recover sway.
4 & 5 Hip bump LRL.
6 , 7 Step RF forward diagonal sway, LF recover sway.
8 & 1 Hip bump RLR.

IV : Forward , 1/2 Turn R Pivot , Shuffle Forward, 1/2 Turn L step back , 1/2 turn L forward Shuffle Forward.

2 , 3 Step LF forward, 1/2 turn R step RF forward.
4 & 5 Shuffle forward LRL.
6 , 7 1/2 turn left step RF back, 1/2 turn left step LF forward.
8 & Step RF forward, LF together.

Enjoy Dancing !

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