

Lamandau Sega

Count: 32

Wand: 4

Ebene: Beginner

Choreograf/in: Heny Riawati (INA) - November 2021

Musik: Lagu Lamandau Sega - Dikia, Melisa & Amanda



Intro 36 count

S1 : CROSS ROCK, RECOVER, SIDE CHASSE, WEAVE, SWEEP

- 1 2 Cross RF over LF, recover on LF
3 & 4 Step RF to R side, LF together RF, step RF to R side
5 6 Cross LF over RF, step RF to R side 7 8 Step LF behind RF, sweep RF front to back

S2 : CROSS BEHIND, SIDE, SHUFFLE FORWARD, ¼ PIVOT R, CROSS SHUFFLE

- 1 2 Cross RF behind LF, step LF to L side
3 & 4 Step LF forward, LF together RF, step RF forward
5 6 Step LF forward, ¼ turn R recover on RF (weight on RF) 7 & 8 Cross LF over RF, step RF to R side, step LF over RF

S3 : RUMBA BOX

- 1 2 Step RF to R side, step LF together RF
3 & 4 Step RF forward, LF together RF, step RF forward
5 6 Step LF to L side, step RF together LF 7 & 8 Step LF backward, RF together LF, step back on LF

S4 : ROCK BACK RECOVER, TRIPLE ½ TURN L, ROCKBACK RECOVER, SHUFFLE FORWARD

- 1 2 Rock back on RF, recover on LF
3 & 4 ½ turn L step back on RF, step back LF together RF, step back on RF
5 6 Step back on LF, recover on RF 7 & 8 Step LF forward, RF together LF, step LF forward

Note : Tag after walls 2, 4, 7, 9, 11 (4 counts)

TAG (Sway R, L, R, L)

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