

Horas Anak Medan

Count: 120

Wand: 2

Ebene: Phrased Improver

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Musik: Anak Medan - Trio Lamtama



Intro : 32 count

Sequence : AA B CC AA Tag D BCC AAA

A: 20c

S1. Step cross, chasse (R,L)

- 1,2 Cross RF over LF, recover onto LF
- 3&4 Step RF to R, Close LF next to RF, step RF to R
- 5,6. Cross LF over RF, recover onto RF
- 7&8. Step LF to L, close RF next to LF, step LF to L

S2. Pivot , forward shuffle (2x)

- 1,2. Step RF forward , turn ½ to L weight on L
- 3&4. Step RF forward, close LF next to RF, step RF forward
- 5,6. Step LF forward , turn ½ to R weight on L
- 7&8. Step LF forward, close RF next to LF, step LF forward

S3. Mambo

- 1&2 step RF to R, recover on LF, Close RF next to LF
- 3&4. Step LF to L, recover on RF, close LF next to RF

B: 40c

S1. Shuffle box

- 1,2 Step RF to R, close LF next to RF
- 3&4 step RF forward, close LF next to RF, step RF forward
- 5,6. Step LF to L, close RF next to LF
- 7&8. Step LF backward, close LF next to RF, step LF backward

S2 back rock , forward shuffle , forward rock, turn ½ to L, fwd shuffle

- 1,2. Rock RF backward, recover on Lf
- 3&4 step RF forward, close Lf next to RF, step RF forward
- 5,6. Rock LF forward , recover on RF
- 7&8 turn ½ to L stepping LF forward, close RF next to LF, step LF forward

S3. Shuffle box

- 1,2 Step RF to R, close LF next to RF
- 3&4 step RF forward, close LF next to RF, step RF forward
- 5,6. Step LF to L, close RF next to LF
- 7&8. Step LF backward, close LF next to RF, step LF backward

S4 rock back, shuffle forward, rock forward, turn ½ to L

- 1,2. Rock RF backward, recover on Lf
- 3&4 step RF forward, close Lf next to RF, step RF forward
- 5,6. Rock LF forward , recover on RF
- 7&8 turn ½ to L stepping LF forward, close RF next to LF, step LF forward

S5 jazz box (2x)

- 1,2,3,4 cross RF over LF, step LF back, step RF next to LF, step LF forward

5,6,7,8 cross RF over LF, step LF back, step RF next to LF, step LF forward

C: 36c

S1. Walk, Hitch, back step, touch

1,2,3,4 step RF forward, step LF forward, step RF forward, hitch LF

5,6,7,8. Step LF backward, step RF backward , Step LF backward, touch RF next to Lf

S2 vine, touch (R -L)

1,2,3,4. Step RF to R, cross LF behind RF, Step RF to R, touch LF next to RF

5,6,7,8. Step LF to L, cross RF behind LF, step LF to L, touch RF next to LF

S3 walk forward with hitch, step backward touch

1,2,3,4 step RF forward, step LF forward, step RF forward, hitch LF

5,6,7,8. Step LF backward, step RF backward , Step LF backward, touch RF next to Lf

S4 vine, touch (R -L)

1,2,3,4. Step RF to R, cross LF behind RF, Step RF to R, touch LF next to RF

5,6,7,8. Step LF to L, cross RF behind LF, step LF to L, touch RF next to LF

S5 paddle ¼ to L (2x)

1,2 step R ball fwd, turn ¼ L

3,4 step R ball fwd , turn ¼ L

D: 24c

S1 cross touch (2x), jazz box

1,2,3,4 cross RF over Lf, touch Lf to L, cross LF over RF, touch RF to R

5,6,7,8 cross RF over LF, step LF back, step RF next to LF, step LF forward

S2 pivot , cross shuffle R-L

1,2 step RF forward weight on RF, turn ¼ to L

3&4. Cross RF over LF, step LF to L, cross RF over LF

5,6. Step LF to L, recover on RF

7&8. Cross LF over RF, step RF to R, cross LF over Rf

S3. Jazz box , pivot , walk

1,2,3,4 cross Rf over LF, step LF back, turn ¼ to R stepping RF back, step LF forward

5,6. Step RF forward weight on RF, turn ½ to L

7,8 step RF forward, step LF forward

Tag 4 count

Sway , back Rock

1,2,3,4 sway R-L-R-L

5,6 step RF back, recover onto LF
