

Sona Hai

Count: 32

Wand: 4

Ebene: Beginner

Choreograf/in: Tri Retno Sukeksi (INA) - November 2023

Musik: Sona Kitna Sona Hai - Udit Narayan & Poornima



Restarts on Wall 2 after 24 Counts & on Wall 9 after 8 Counts.

Dance start on vocal : □ Sona kitna sona hai...

Section 1 - ROCK CROSS, BOTAFOGO

1&2-3&4 (1&2) Rock cross RF over LF, Recovery on LF, Step RF to Right. (3&4) Repeat 1&2

5&6-7&8 (5&6) Cross RF over LF, Step ball LF to Left, Step RF in place. (7&8) Cross LF over RF, Step ball RF to Right, Step LF in place.

Section 2 - PIVOT TURN L 1/4, CROSS SHAFFLE, ROCK LEFT, CROSS SHAFFLE

1-2-3&4 (1-2) Step RF forward, 1/4 turn Left weight on LF, (3&4) Cross RF over LF, step LF to Left, Cross RF over LF

5-6-7&8 (5-6) Rock LF to Left, Recovery on RF, (7-8) Cross LF over RF, Step ball RF to Right, Cross LF over RF.

Section 3 - HEEL FAN , SYNCOPATED WEAVE

1&2&3&4 Swivel Right Heel to R-L (bringing hands together in prayer position)

5&6&7&8 Cross RF over LF, Step LF to Left, Cross RF behind LF, Step LF to Left, Cross RF over LF, Step LF to Left, Cross RF behind LF,

Section 4 - PADDLE TURN RIGHT 1/4 X2 , SYNCOPATED WEAVE

1&2&3&4 (1&2&) 1/8 turn R Touch L toe to left side, Step Rf in place, 1/8 turn R Touch L toe to left side, Step Rf in place. (3&4) 1/8 turn R Touch L toe to left side, Step Rf in place, 1/8 turn R Touch L toe to left side. (Bringing hand over head)

5&6&7&8 Cross RF over LF, Step LF to Left, Cross RF behind LF, Step LF to Left, Cross RF over LF, Step LF to Left, Cross RF behind LF,

Happy Dancing for Healthy

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