

# Bendrong Lesung

Count: 78

Wand: 2

Ebene: Phrased Intermediate

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Musik: Bendrong Lesung (Lagu Daerah Cilegon)



Intro : 22 counts

Sequence : A A B22 B C A Tag A C A B22 B C20 A A16

## Part A (32 counts)

### A1 Rocking Chair, Jazz Box Cross

- 1-2 Rock RF forward, recover on LF
- 3-4 Rock RF back, recover on LF
- 5-6 Cross RF over LF, step LF back
- 7-8 Step RF to R, cross LF over RF

### A2 Step Side, Together, Chasse (R-L)

- 1-2 Step RF to R, step LF beside RF
- 3&4 Step RF to R, step LF beside RF, step RF to R
- 5-6 Step LF to L, step RF beside LF
- 7&8 Step LF to L, step RF beside LF, step LF to L

### A3 Forward Point R-L, Backward Point R-L

- 1-2 Step RF forward, touch LF to L
- 3-4 Step LF forward, touch RF to R
- 5-6 Step RF back, touch LF to L
- 7-8 Step LF back, touch RF to R

### A4 Jazz Box ¼ Turn R x2

- 1-2 Cross RF over LF, ¼ turn R step LF back
- 3-4 Step RF to R, step LF forward
- 5-6 Cross RF over LF, ¼ turn R step LF back
- 7-8 Step RF to R, step LF forward

## Part B (24 counts)

### B1 Cross Recover, Step Side, Hook, Step Forward, ½ Turn L Step Backward, Forward Shuffle

- 1-2 Cross RF over LF, recover on LF
- 3-4 Step RF to R, cross LF over Right Leg just below the knee-toes are pointing down
- 5-6 Step LF forward, ½ turn L step RF back
- 7&8 Step LF forward, step RF beside LF, step LF forward

### B2 Cross Recover, Step Side, Hook, Step Forward, ½ Turn L Step Backward, Forward Shuffle

- 1-2 Cross RF over LF, recover on LF
- 3-4 Step RF to R, cross LF over Right Leg just below the knee-toes are pointing down
- 5-6 Step LF forward, ½ turn L step RF back
- 7&8 Step LF forward, step RF beside LF, step LF forward

### B3 Paddle ¼ Turn L x2, Sway x2

- 1-2 Step RF forward on ball, ¼ turn L weight on LF
- 3-4 Step RF forward on ball, ¼ turn L weight on LF
- 5-6 Swing hip to R-L
- 7-8 Swing hip to R-L

## Part C (22 counts)

**C1 1/8 Turn R Step Side, Cross, 1/8 Turn L Step Side, Point, Rolling Vine with Chasse L**

1-2            1/8 Turn R step RF to R, cross LF over RF  
3-4            1/8 Turn L step RF to R, touch LF to L  
5-6            1/4 Turn L step LF forward, 1/2 turn L step RF back  
7&8            1/4 Turn L step LF to L, step RF beside LF, step LF to L

**C2 Cross Recover, Chasse R with 1/4 Turn R, Pivot 1/4 Turn R, Cross Shuffle**

1-2            Cross RF over LF, recover on LF  
3&4            Step RF to R, step LF beside RF, 1/4 turn R step RF forward  
5-6            Step LF forward, 1/4 turn R weight on RF  
7&8            Cross LF over RF, step RF to R, cross LF over RF

**C3 Pivot 1/2 Turn L x2, Sway**

1-2            Step RF forward, 1/2 Turn L weight on LF  
3-4            Step RF forward, 1/2 Turn L weight on LF  
5-6            Swing hip to R-L

**Tag : Sway (4 counts)**

1-2            Swing hip to R-L  
3-4            Swing hip to R-L

**\*\*\*Restarts :**

- \*1. On the 1st B, dance up to 22 counts
- \*2. On the 3rd B, dance up to 22 counts
- \*3. On the 3rd C, dance up to 20 counts

**Ending : On the 7th A, after 16 counts then 1/2 turn L facing 12:00**

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