

ABCD

Count: 64

Wand: 4

Ebene: Phrased Improver

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Musik: ABCD - Toton Caribo



SEQUENCE : A A TAG 1 B TAG 2 A A TAG 2 A A TAG 1 A(24 COUNTS) TAG 1 B B B B B

Tag 1 : After wall 2, 7, 8

&1-4 Step RF to right side, Touch L toe to L side, Hold, Hold, Hold

&5-8 Step LF beside RF, Touch R toe to R side, Hold, Hold, Hold

Tag 2 : After wall 3, 5

1&2 Push hips R, L, R

3&4 Push hips L, R, L

No Restart

A (32 COUNTS)

Section 1 : GRAPEVINE, TOUCH, GRAPEVINE, SCUFF

1-2 Step RF to R, step LF behind R

3-4 Step RF to R, touch LF beside R

5-6 Step LF to L, step RF behind L

7-8 Step LF to L, kick forward RF sweeping floor with heel

Section 2 : STOMP, FORWARD, POINT, FORWARD, POINT

1-4 Step RF forward, ¼ turn L

5-6 RF step forward, LF point to side L

7-8 LF step forward, RF point to side R

Section 3 : STEP, LOCK, STEP, LOCK, STEP, SCUFF

1-2 Step RF to R diagonal, Lock LF behind R

3-4 Step RF to R diagonal, kick forward LF sweeping floor with heel

5-6 Step LF to L diagonal, Lock RF behind L

7-8 Step LF to L diagonal, kick forward RF sweeping floor with heel

Section 4 : TURN 1/8 L STEP, CROSS, STEP, CROSS

1-2 Step RF turn 1/8 L, recover LF

3-4 Cross RF over L, hold

5-6 Step LF to L. Recover RF

7-8 Cross LF over R, hold

B (32 COUNTS)

Section 1 : SIDE, CROSS CHACHA

1-2 Step RF to R, recover LF

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

3-4 Step LF to L, recover RF

7&8 Cross RF over RF, step RF to R, step LF to R

Section 2 : SIDE, CROSS CHACHA

Repeat Section 1

Section 3 : FORWARD ROCK, RECOVER, BACK SUFFLE

1-2 Rock RF forward, recover LF

3&4 Step back on RF, close LF beside RF, step back on RF
5-6 Rock backward LF, recover RF
7&8 Step LF forward, close RF beside LF, step LF forward

Section 4 : ROCKING CHAIR, HIPS BUMP

1-2 Rock RF forward, recover on LF
3-4 Rock RF back, recover on LF
5&6 Step RF to R side and push hips R, L, R
7&8 Push hips L, R, L
