

Ilat Tanpa Balung (ITB)



Count: 64

Wall: 4

Level: Improver / Intermediate

Choreographer: Mia Teddy (INA) & mBah Wir (INA) - August 2015

Music: Ilat Tanpa Balung by Dian FK Bossanova Jawa



Sequence: 64-64- TAG- 36-64- 36-64- TAG- 64

Start on vocal - 2 Tags on (end of wall 3 & wall 8)

SECTION 1: BACK ROCK, RECOVER, FORWARD, HOLD, CROSS ROCK, RECOVER, SIDE ROCK, RECOVER

1-4 Rock R back, Recover on L, Step R forward, Hold
5-8 Cross Rock L over R, Recover on R, Rock L to side, Recover on R

SECTION 2: CROSS OVER, SIDE, CROSS OVER, HOLD, SCISSORS, HOLD

1-4 Cross L over R, Step R to side, Cross L over R, Hold
5-8 Step R to side, Step L together, Cross R over L, Hold

SECTION 3: ¼ LEFT, FORWARD, ½ LEFT, BACK, SIDE, HOLD, CROSS ROCK, RECOVER, SIDE, HOLD

1-4 Turn ¼ L step L forward, Turn ½ L step R back, Step L to side, Hold
5-8 Cross rock R over L, Recover on L, Step R to side, Hold

SECTION 4: RIGHT WEAVE, SWEEP, BEHIND, SIDE, FORWARD

1-4 Cross L over R, Step R to side, Cross L behind R, Sweep R back
5-8 Cross R behind L, Step L to side, Step R forward, Hold

SECTION 5: FORWARD, FROWARD, FORWARD, HOLD, ROCKING CHAIR

1-4 Step L forward, Step R forward, Step L forward, Hold
5-8 Rock R forward, Recover on L, Rock back on R, Recover on L

SECTION 6: FORWARD ROCK, RECOVER, ¼ RIGHT, SIDE, HOLD, CROSS ROCK, RECOVER, ¼ LEFT SWEEP, NEXT

1-4 Rock R forward, Recover on L, Turn ¼ R step R to side, Hold
5-8 Cross rock L over R, Recover on R, Turn ¼ L sweep L back, Step R next to L

SECTION 7: FORWARD, HOLD, ½ LEFT RIGH BACK, ¼ LEFT, LEFT SIDE, CROSS ROCK, RECOVER, SIDE ROCK, RECOVER

1-4 Step L forward, Hold, Turn ½ L step back on R, Turn ¼ L step L to side
5-8 Cross rock R over L, Recover on L, Rock R to side, Recover on L

SECTION 8: CROSS ROCK, RECOVER, ¼ RIGHT, FORWARD, HOLD, FORWARD FULL TURN, HOLD

1-4 Cross rock R over L, Recover on L, Turn ¼ R step R forward, Hold
5-8 Turn ½ R step L back, Turn ½ R step R forward, Step Left forward, Hold

Tag (16 Counts)

Repeat Section 1

Repeat Section 2 count 1-4

5-8 Step R to side. Touch L beside, Step L to side, Hold

Contact: gieprod@yahoo.com