

Sakit Pinggang

Count: 32

Wall: 4

Level: Beginner

Choreographer: Mama Tini (INA) - January 2025

Music: DJ Sakit Pinggang Remix by Mr. Twik



Intro : 60 count

S1. SHUFFLE FOWARD RIGHT & LEFT, BACKWARD STEP

- 1&2 Step R foward, step L together, step R foward
- 3&4 Step L foward, step ar together, step L foward
- 5-6 Step R backward, step L backward
- 7-8 Step R backward, step L backward

S2. SIDE TOE TOUCH RIGHT & LEFT, JAZZ BOX

- 1-2 Touch R toe to right side, step R beside L
- 3-4 Touch L toe to left side, step L beside R
- 5-6 Cross R over L, step L back
- 7-8 Step R to side, step L Forward

S.3. MAMBO SIDE, CROSS SHUFFLE, MAMBO STEP FORWARD, COASTER STEP

- 1-2 Step R to right side, recover on L
- 3&4 Cross R over L, step L together, cross R over L
- 5-6 Step L forward, recover on R
- 7&8 Step L back, step R back together, step L forward

S.4. V STEP, PADDLE TURN ¼ LEFT

- 1-2 Step R diagonal forward, step L diagonal forward
- 3-4 Step R back to center, step L back to center
- 5-6 Step R diagonal, turn 1/8 left, weight on L (20:30)
- 7-8 Step R diagonal, turn 1/8 left, weight on L (21:00)

TAQ 1 on Wall 1 after 16 Count & Wall 6 after 24 Count

TAQ. V STEP, PIVOT TURN ½ LEFT 2X, V STEP

- 1-2 Step R diagonal forward, step L diagonal forward
- 3-4 Step R back to center, step L back to center
- 5-6 Step R forward, turn ½ left weight on L
- 7-8 Step R forward, turn ½ left weight on L
- 9-10 Step R diagonal forward, step L diagonal forward
- 11-12 Step R back to center, step L back to center

TAQ 2 after wall 3

TAQ. V STEP, PIVOT TURN ½ LEFT 2X

- 1-2 Step R diagonal forward, step L diagonal forward
- 3-4 Step R back to center, step L back to center
- 5-6 Step R forward, turn ½ left weight on L
- 7-8 Step R forward, turn ½ left weight on L

Submitted by: Ari Lestari - Email: arilestaribudhi@gmail.com