

# Rasa Sayang

Count: 112

Wall: 0

Level: Phrased High Improver

Choreographer: Wendy Loh (MY) - December 2011

Music: Rasa Sayang 2.0 by Namewee + Karen Kong



Sequence : A, B, C, A, B, B(2x8), C, A, Tag, B, A ,A

Don't worry about the sequence.. the music will tell the parts of the dance, just enjoy!

## PART A : RASA SAYANG CHORUS

**Section 1 : Step R, Ball of L beside R, Step R, Step L, Ball of R beside L, Step L**

(Styling : Both arms extend out at the side, swing gently as in Sumazau Dance)

1&2 Step R to R (1), Step ball of L foot beside R (&), Step R together (2)

3&4 Step L to L (3), Step ball of R foot beside L (&), Step L together (4)

5&6 Repeat steps as 1&2

7&8 Repeat steps as 3&4

**Section 2 : Step R, Ball of L beside R, Step R, Step L, Ball of R beside L, Step L**

1&2 Step R to R (1), Step ball of L foot beside R (&), Step R together (2)

(Styling : Roll arms near Right ear [1:30] )

3&4 Step L to L (3), Step ball of R foot beside L (&), Step L together (4)

(Styling : Roll arms near Left hip [7:30] )

5&6 Repeat steps as 1&2

7&8 Repeat steps as 3&4

**Section 3 : Full Turn on the spot to the R, then L**

(Styling : Turn R : R arms out to R, L hand on chest ; Turn L : L arms out to L, R hand on chest as in Malay Dance)

1&2& Step R to ¼ R (1), Ball Step L behind R (&), Step R to ¼ R (2), Ball Step L behind R (&)

3&4 Step R to ¼ R (3), Ball Step L behind R (&), Step R to ¼ R (4)

5&6& Step L to ¼ L (5), Ball Step R behind L (&), Step L to ¼ L (6), Ball Step R behind L (&)

7&8 Step L to ¼ L (7), Ball Step R behind L (&), Step L to ¼ L (8)

## Section 4 : Clap hands

1,2 Step R next to L & clap hands twice near your left hip (7:30)

3,4, Clap hands twice near your left ear (10:30)

5,6 Clap hands twice near your right ear (1:30)

7,8 Clap hands twice near your right hip (4:30)

## PART B : NAMEWEE'S RAPPING

**Section 5 : Walk RL, Jumping Jacks with legs apart first, Knee Pop R,L**

1,2 Walk R,L

3&4 Jump with both feet apart (3), Jump & cross both legs (&), Jump with both feet apart (4) \*

5,6 Move R knee in towards L (5), Move R knee out back to R (6)

7,8 Move L knee in towards R (7), Move L knee out back to L (8)

\*Easier option :

3-4 Step R diagonally forward (3), Step L to side (4)

**Section 6 : Step, Together, Step, Side, Cross Touch, Side, Arms, Bend body**

&1,2 on Ball of R (&), Step L to ¼ L (1), Step R next to L turn ¼ R (2), \*\*

3,4 Step L to ¼ L (3), Step R to R turn ¼ R (4) \*\*

5,6 Touch R across L (5), Step R to R (6)

7,8 Both arms extend out to the side (7), Bend down turn towards ¼ L (8)

\*\*Easier option :

&1,2            on Ball of R (&), Step L to L (1), Step R beside L (2),  
3,4            Step L to L (3), Step R to R (4)

**Section 7 : Turn ¼ R Point finger 2x, Walk, Step, Jump 2x, Arms movement**

1,2            Step L next to R turn ¼ R & point R index finger towards L (1), point L index finger towards R (2)  
3,4            Step R forward (3), Step L next to R (4)  
5,6            Jump with both feet apart, hands open at the side (5), Jump with feet together (6)  
7,8            Sway R arm towards chest (7), sway L arm towards chest & place on top of R arm (8)

**Section 8 : Walk, Bounce back 2x, Bounce Side 2x**

1,2,3,4,        Turn to L and walk back LRLR in circle and facing front again  
5,6            Step R back and bounce twice with arms folded at chest  
7,8            Step L to L and bounce twice with R index finger pointing upwards

**Section 9 : Scuff, Hitch, Step, Body Roll down L, R, Touch floor, Knee pop back 2x**

1&2            Scuff R foot (1), Hitch R (&), Step R to R (2)  
3&4            Body roll to L (3), Body roll to R (&), Bend & Touch floor with R hand (4) \*\*\*  
5,6            Move body up again (5) Step R back and pop L knee (6)  
7,8            Roll L shoulder back (7), Step L back and pop R knee (8)

**\*\*\*Easier option :**

3&4            Push R shoulder to R (3), Push L Shoulder to L (&), Push R shoulder to R (4)

**Section 10 : Samba Steps 2x, Knee pop back 2x**

1&2            Cross R over L (1), On ball of L beside R (&) Step R beside L (2)  
3&4            Cross L over R (3), On ball of R beside L (&) Step L beside R (4)  
5,6            Roll R shoulder back (5) Step R back and pop L knee (6)  
7,8            Roll L shoulder back (7), Step L back and pop R knee (8)

**PART C : KAREN KONG SINGS**

**Section 11 : Shuffle forward, Step, ½ Pivot 2x**

1&2            Shuffle forward RLR  
3,4            Step L forward (3), Turn ½ R (4)  
5&6            Shuffle forward LRL  
7,8            Step R forward (7), Turn ½ L (8)

**Section 12 : Jazz Box, Hip bumps**

1,2            Cross R over L (1), Step back L (2)  
3,4            Step R to R (3), Cross L over R (4)  
5,6            Step R to R & hip bump to R (5), Hip bump to L (6)  
7,8            Hip bump R,L

**Section 13 : Rolling Vines 2x**

1-3            Step R forward ¼ R, Step back L turning ½ R, Step R turning ¼ R  
4            Touch L To L  
5-7            Step L forward ¼ L, step back R turning ½ L, Step L turning ¼ L  
8            Touch R beside L

**Section 14 : Step Touch 2x, Hop 4x**

1,2            Step R to R, both hands above head, depict roof of home (1), Touch L next to R (2)  
3,4            Step L to L, both hands down at side (3), Touch R next to L (4)  
5,6,7,8        Hop 4x with feet together, arms swing up, middle, up, middle.

**(Easier option : Bend & straighten knees slightly instead of hop)**

**Tag : Rocking Chair**

1,2            Rock R forward, Recover on L

3,4                  Rock R back, Recover on L

Contact: [kickickwendy@yahoo.com](mailto:kickickwendy@yahoo.com)

---