

Mudiak Arau Minarma (Mama)

Compte: 64

Mur: 4

Niveau: High Beginner

Chorégraphe: Zaza Calisthenics (INA) & Sanggar Senam Minarma (INA) - September 2020

Musique: Yul Nursuud & DAZ - Mudiak Arau (Cover EDM Traditional Version)



Start dance: On vocal

S1. ROCK – RECOVER – CHASSE (R-L)

- 1 – 2 Step R forward diagonal, recover on L
- 3 & 4 Step R to side, close L beside R, next R to side
- 5 – 6 Step L forward diagonal, recover on R
- 7 & 8 Step L to side, close R beside L, next L to side

S2. ROCK – TOUCH (FORWARD – BACK – BACK – FORWARD)

- 1 – 2 Step R forward, touch L beside R
- 3 – 4 Step L back, touch R beside L
- 5 – 6 Step R back, touch L beside R
- 7 – 8 Step L forward, touch R beside L

S3. SIDE – CLOSE (4X) DIAGONAL FORWARD

- 1 – 2 Step R to side diagonal, close L beside R
- 3 – 4 Step L to side diagonal, close R beside L
- 5 – 6 Step R to side diagonal, close L beside R
- 7 – 8 Step L to side diagonal, close R beside L

S4. SIDE – CLOSE (4X) DIAGONAL BACKWARD

- 1 – 2 Step R to side diagonal, close L beside R
- 3 – 4 Step L to side diagonal, close R beside L
- 5 – 6 Step R to side diagonal, close L beside R
- 7 – 8 Step L to side diagonal, close R beside L

S5. ¼ TURN RIGHT – CLOSE – ¼ TURN RIGHT – CLOSE – FORWARD – ¼ TURN LEFT – SIDE – CLOSE

- 1 – 2 ¼ turn RIGHT forward R, close L beside R (03.00)
- 3 – 4 ¼ turn RIGHT step R to side, close L beside R (06.00)
- 5 – 6 Step L forward, ¼ turn LEFT step R to side (03.00)
- 7 – 8 Step L to side, close R beside L

*Restart on wall 4 after 40 counts

S6. SIDE – CLOSE (4X) DIAGONAL FORWARD

- 1 – 2 Step R to side diagonal, close L beside R
- 3 – 4 Step L to side diagonal, close R beside L
- 5 – 6 Step R to side diagonal, close L beside R
- 7 – 8 Step L to side diagonal, close R beside L

S7. SIDE – CLOSE (3X) DIAGONAL BACKWARD – TOUCH SIDE – CLOSE

- 1 – 2 Step R to side diagonal, close L beside R
- 3 – 4 Step L to side diagonal, close R beside L
- 5 – 6 Step R to side diagonal, close L beside R (04.30)
- 7 – 8 Touch L to side, close L beside R

*ending after 56 counts (12.00)

S8. FULL TURN LEFT WITH FORWARD – LOCK FORWARD

- 1 – 2 Step L forward, step lock R behind L
- 3 – 4 Step L forward, step lock R behind L
- 5 – 6 Step L forward, step lock R behind L
- 7 – 8 Step L forward, step lock R behind L

Restart : On wall 4 after 40 counts

Ending : 56 counts (12.00)

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