

Sakit Tanpa Luka

Compte: 32

Mur: 4

Niveau: Beginner

Chorégraphe: Adhex Yanti (INA) & Zaza Calisthenics (INA) - 1 October 2022

Musique: Sakit Tanpa Luka - Ayu Ting Ting



Start dance on vocals (40 sec)

Tag: 4 counts after wall 1 (09.00)

(1-8) FORWARD ROCK – BACK SHUFFLE – BACK ROCK – FORWARD SHUFFLE

- 1 – 2 Step RF forward (1), Recover on LF (2)
- 3 & 4 Step RF to back (3), Close LF next to RF (&), Step RF to back (4)
- 5 – 6 Step LF to back (5), Recover on RF (6)
- 7 & 8 Step LF forward (7), Close RF next to LF (&), Step LF forward (8)

(9-16) WEAVE – DIAGONAL TOUCH BUMP (L-R)

- 1 – 4 Cross RF over LF (1), Step LF to L (2), Cross RF behind LF (3), Diagonal touch LF with bump L (4)
- 5 – 8 Cross LF over RF (5), Step RF to R (6), Cross LF behind RF (7), Diagonal touch RF with bump R (8)

(17-24) ¼ TURN R JAZZ BOX – FORWARD TOE STRUT WITH BUMP

- 1 – 4 Cross RF over LF (1), ¼ turn R step LF to back (2), Step RF to R (3), Step LF forward (4) (03.00)
- 5 – 8 Toe RF forward with bump R (5), Drop on RF (6), Toe LF forward with bump L (7), Drop on LF (8)

(25-32) ROCKING CHAIR – FORWARD TOE BUMP – ½ TURN L FORWARD TOE BUMP

- 1 – 4 Step RF forward (1), Recover on LF (2), Step RF to back (3), Recover on LF (4)
- 5 – 6 Toe RF forward with bump R (5), Drop on RF (6)
- 7 – 8 ½ turn L toe LF forward with bump L (7), Drop on LF (8) (09.00)

Tag : 4 counts after wall 1 (09.00)

JAZZ BOX WITH SHIMMY

- 1 – 4 Cross RF over LF (1), Step LF to back (2), Step RF to R (3), Step LF forward (4)
*styling shimmy

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