

Pelepas Rindu

Compte: 32

Mur: 4

Niveau: High Beginner

Chorégraphe: Helina Abhen (INA) - March 2023

Musique: Selayang Pandang Pelepas Rindu - Budi Doremi



*1 tag - no restarts

Intro 40 count

SEC 1 : SAMBA WHISK - TRIPLE STEP (FWD -BWD)

- 1 & 2 Rock R to side right (1) rock cross L behind R by ball step (&) step R in place (2)
3 & 4 Rock L to side left (3) rock cross R behind L by ball step (&) step L in place (4)
5 & 6 Step R fwd (5) step L beside R (&) step R in place (6)
7 & 8 Step L backward (7) step R beside L (&) step L in place (8)

SEC 2 : BOTAFOGO R-L – CROSS SHUFFLE – ½ TURN L CROSS SHUFFLE

- 1 & 2 Cross R over L (1) rock L to side (&) step R in place (2)
3 & 4 Cross L over R (3) rock R to side (&) step L in place (4)
5 & 6 Cross R over L (5) ball step L to side (&) cross R over L (6)
7 & 8 turn ½ to L, cross L over R (7) ball step R to side (&) cross L over R (8)

SEC 3 : MAMBO CROSS R L – WALK R L MAKING ¾ CIRCLE TO RIGHT – FWD SHUFFLE

- 1 & 2 Cross R over L (1) recover on L (&) step R to side (2)
3 & 4 Cross L over R (3) recover on R (&) step L to side (4)
5 – 6 turn ¼ to right, step R fwd (5) turn ½ to right, step L fwd (6)
7 & 8 step R fwd (7) close L beside R (&) step R fwd (8)

SEC 4 : MAMBO FWD – MAMBO BACK – MAMBO SIDE CROSS – SIDE TOUCH – DRAG

- 1 & 2 step L fwd (1) recover to R (&) step L back (2)
3 & 4 step R back (3) recover to L (&) step R fwd (4)
5 & 6 step L to left side (5) recover to R (&) cross L over R (6)
7 – 8 touch R to right side (7) drag R beside L (8)

TAG: 8 COUNTS - AFTER WALL 1

TAG : ROCK SIDE – HIP BUMP – PUSHING HIPS – SHIMMY

- 1 & 2 step R to side right (1) hip bump L to up (&) hip bump L down (2)
3 & 4 step L to side left (3) hip bump R to up (&) hip bump R down (4)
5 – 6 touch R fwd pushing hips fwd (5) pushing hips back (6)
7 & 8 shake shoulder R – L – R

Happy dance and hope you like it

Uni Elin 26 Maret 2023

Inspirasi Ramadhan untuk Yayasan Jantung