

Dholena

Compte: 48

Mur: 4

Niveau: High Beginner

Chorégraphe: Arisps (INA) - March 2023

Musique: India Dholena - Dansa Porto, Fandho RMXR (Remix terbaru 2023)



Restart : 1 (on wall 7, after 16 count) - No Tags

SECT : 1# VINE , ROCK SYNCOPATED - CROSS SHUFFLE - ROCK SYNCOPATED - CROSS SHUFFLE

- 1 - 2 step RF to side, step LF behind cross RF
- 3 - 4 step RF to side, cross LF fwd over RF, next to RF
- 5 - 6 rock RF side, step LF in place
- 7 - 8 Cross RF behind LF, Step LF to side, Cross RF over LF

SECT : 2# VINE , ROCK SYNCOPATED - CROSS SHUFFLE - ROCK SYNCOPATED - CROSS SHUFFLE

- 1 - 2 step RF to side, step LF behind cross RF
- 3 - 4 step RF to side, cross LF fwd over RF, next to RF
- 5 - 6 rock RF side, step LF in place
- 7 - 8 Cross RF behind LF, Step LF to side, Cross RF over LF

SECT : 3# MAMBO FWD AND BACK - SIDE MAMBO (R,L)

- 1 - 2 touch RF fwd, close RF next to LF
- 3 - 4 touch LF back, close LF next to RF
- 5 - 6 step RF to side, recover on LF, close RF next to LF
- 7 - 8 step LF to side, recover on RF, close LF next to RF

SECT : 4# ¼ PADDLE TURN, JAZZ BOX

- 1 - 2 step RF fwd, ¼ turn left change weight to LF
- 3 & 4 step RF fwd, ¼ turn left change weight to LF
- 5 - 6 ; cross RF over LF, step LF back
- 7 - 8 step RF to side, close LF next to RF

SECT : 5# SYNCOPATED WEAVE (R, L)

- 1 - 2 cross RF over LF, step LF to side
- 3 & 4 step RF diagonally back, close LF next to RF, step RF forward
- 5 - 6 cross LF over RF, step RF to side
- 7 & 8 step LF diagonally back, close RF next to RF, step LF forward

SECT : 6# BOTA FOGO, LOCK SHUFFLE BACK, COSTER STEP

- 1 & 2 cross RF over LF, step LF to side recover on RF
- 3 & 4 cross LF over RF, step RF to side recover on LF
- 5 & 6 step RF back lock LF forward RF, step RF back
- 7 & 8 step LF back, close RF next to LF, step LF forward

Last Update: 7 Apr 2023