

Trauma

Compte: 40

Mur: 2

Niveau: Low Intermediate



Chorégraphe: Indah Parahita (INA) - July 2023

Musique: Trauma (feat. Aan story) - Elsy

SECTION 1 .BASIC NC, ½ TURN R, SIDE ROCK, CROSS, STEP SIDE, TURN 1/2 L, TURN 1/4 L, WALK R, L

- 1,2,& Step RF to R, close LF behind RF slightly back cross RF over LF
- 3,4,& Step LF to L, ½ turn R step RF to R, LF cross over RF
- 5,&6 Step RF side rock recover, cross RF over LF
- &7&8 Step LF to L, ½ turn L step RF to R, ¼ turn L step LF To L Step RF forward, step LF forward

SECTION 2. SWEEP, STEP BACK, TURN 1/2 R, FORWARD, ROCK FORWARD, STEP BACK, COASTER STEP, SWEEP, STEP L

- 1,2 Sweep RF over LF, strp LF back
- &3&4 Turn 1/2 R RF Forward, Step LF Forward, Rock forward, RF recover on LF
- 5,6&7 Step RF back, step LF back step RF beside LF, Step LF forward
- 8& Sweep RF over LF, Step Lf to L

SECTION 3. ½ TURN R BASIC NC, BASIC NC, VINE, SIDE R , STEP R

- 1, 2 & ½ Turn R Step RF to R, close LF behind RF slightly back, cross RF over LF
- 3,4 & Step LF to L, Close RF behind LF back, cross LF over RF
- 5, 6 Step RF To R, Step LF behind RF
- 7,8 step side RF to R slightly, Close LF to RF

SECTION 4. WEAVE, ½ TURN R, CROSS , SIDE, CROSS , SIDE, CROSS

- 1&2& Cross RF over LF, Step LF to L, Turn ½ R , RF to R coss LF ovet RF
- 3,4 ,5 ,Step side RF to R, step LF in place Cross RF over LF
- 6,7,8 Step side LF to Lstep LF in place, Cross LF over RF

SECTION 5. FORWARD, ½ TURN L, FORWARD, ¼ TURN R, ½ TURN R, HIP SWAY

- 1,2,3 Step RF forward, ½ turn L LF forward, Step RF forward
- 4,5, ¼ turn R LF in place, ½ turn R RF to R
- 6,7,8 swing hip to L,R,L

TAG RESTART ON WALL 3 with Basic NC n HIP SWAY

- 1,2,& Step RF to R, Close LF behind RF, cross RF over LF
- 3,4,& Step LF to L, close RF behind Lf, cross LF over RF
- 5,6,7,8 Hip sway R,L,R,L

TAG RESTART ON WALL 5 HIP SWAY L.R.L.R N HOLD

Enjoy dancing n have fun.
Regard

Last Update: 12 Jul 2023