

Lupakan Cinta

Compte: 32

Mur: 2

Niveau: Intermediate NC2S

Chorégraphe: Sweety Five (INA) & Roosamekto Mamek (INA) - October 2023

Musique: Lupakan Cinta - Rossa



Intro : 16 count (approximately 00:16)

TAG. 1 : On wall 2, 4 & 6 after 17 count

TAG. 2 : End of wall 3

S1. BACK WITH SWEEP, COASTER STEP, TRAVELING PIVOT FULL TURN LEFT, MODIFIED MAMBO CROSS

- 1-2& Step L back sweep R back – Step R back – Step L together (12:00)
3-4& Step R forward – Step L forward – Turn 1/2 left step R back (6:00)
5-6& Turn 1/2 left step L forward (12:00) – Rock R to side – Recover on L
7-8& Cross R over L – Rock L to side – Recover on R (12:00)

S2. VINE RIGHT, CROSS ROCK, FORWARD TURN 1/4 LEFT WITH SWEEP, WEAWE, SAILOR STEP TURN 1/4 LEFT

- 1-2& Cross L over R – Step R to side – Cross L behind R (12:00)
3-4& Step R to side – Cross/Rock L over R – Recover on R
5-6& Turn 1/4 left step L forward and sweep R forward (9:00) – Cross R over L – Step L to side
7-8& Cross R behind L and sweep L back – Turn 1/4 left cross L behind R (6:00) – Step R to side

S3. RUN FORWARD R-L-R, FORWARD ROCK, BASIC NIGHT CLUB STEP L & R

- 1-2& Step L forward – Step R forward – Step L forward (6:00)
3-4& Step R forward – Rock L forward – Recover on R
5-6& Step L to side – Step R behind L – Cross L over R
7-8& Step R to side – Step L behind R – Cross R over L (6:00)

S4. BACK TURN 1/4 RIGHT, SPIRAL 1/4 TURN RIGHT, FORWARD TURN 1/4 RIGHT, RUN FORWARD L - R WITH HITCH, RUN BACK L - R, BACK ROCK, BACK TURN 1/2 RIGHT, BACK ROCK, STEP BACK TURN 1/4 LEFT

- 1-2& Turn 1/4 right step L back and continue make 1/4 spiral turn right (12:00) – Turn 1/4 right step R forward – Step L forward (3:00)
3-4& Step R forward and hitch L knee up – Step L back – Step R back
5-6& Rock L back – Recover on R – Turn 1/2 right step L back (9:00)
7-8& Rock R back – Recover on L – Turn 1/4 left step R back (6:00)

REPEAT

Tag. 1 (3 count): On wall 2, 4, & 6 after 17 count

MAMBO CROSS, SIDE ROCK

- 1&2 Rock R to side – Recover on L – Cross R over L
3& Rock L to side – Recover on R

TAG. 2 (4 count) : End of wall 3

BACK, COASTER STEP, FORWARD, TOGETHER

- 1-2& Step L back – Step R back – Step L together
3-4& Step R forward – Step L forward – Step R together

For more info about step sheet & song, please contact:

Mamek : Roosamekto.Nugroho@gmail.com

