

Nona Dari Minang

Compte: 32

Mur: 4

Niveau: High Beginner



Chorégraphe: Helina Abhen (INA) - December 2024

Musique: Juan Reza - Nona Minang (Official Music Video) Remix Minang Timur Terbaru 2024

SEC 1 : R DIAGONAL CROSS TOUCH – R TOUCH SIDE – CROSS SHUFFLE- TURN ½ TO LEFT – L DIAGONAL CROSS TOUCH – L TOUCH SIDE

- 1 – 2 Touch R diagonal fwd (1) touch R to right side (2)
- 3 & 4 Cross R over L (3) step L side (&) cross R over L (4)
- 5 – 6 turn ½ to left, touch L diagonal fwd (5) touch L to left side (6)
- 7 & 8 Cross L over R (7) step R side (&) cross L over R

SEC 2 : CROSS – TURN ¼ TO RIGHT, STEP L BACK – COUSTER STEP – STEP L FWD – TURN ½ TO LEFT, STEP R BACK – COUSTER STEP

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

SEC 3 : KICK BALL CHANGE 2X – SKATE DIAGONAL R L (2X)

- 1 & 2 kick R fwd (1) step in place to R (&) step in place to L (2)
- 3 & 4 kick R fwd (3) step in place to R (&) step in place to L (4)
- 5 – 6 Step R fwd diagonal right (5) Step L forward diagonal left (6)
- 7 – 8 Step R fwd diagonal right (7) Step L forward diagonal left (8)

SEC 4 : HITCH – TOUCH – HITCH – CROSS – BACK – SIDE – CROSS – SIDE – SAILOR STEP

- 1 & 2 R hitch (1) touch R side (&) hitch R (2)
- 3 & 4 cross R over L (3) step L back (&) step R to side (4)
- 5 – 6 cross L over R (5) step R ro side (6)
- 7 & 8 sweep L to behind R (7) close R beside L (&) step L side (8)

TAG 4 count after wall 4 & TAG on wall 5 and 6 after 16 count

pivot turn ½ to left (2 X)

- 1 - 4 step R fwd (1) turn ½ to left, recover to L (2) step R fwd (3) turn ½ to left, recover to L (4)

RESTART ON WALL 8 AFTER 16 COUNT

Happy the dance.

Salam urang minang dari Uni Elin

Last Update: 17 Dec 2024