

# Gelisah

**Compte:** 32

**Mur:** 4

**Niveau:** High Beginner

**Chorégraphe:** Mitha Primasari (INA), Ghufy (INA) & Irene Argoputro (INA) - January 2025

**Musique:** You Understand - Toton Caribo, Wizz Baker & Teddy Salendah



**Intro: 32 Count**

**S1. Walk Fwd – Run Fwd – Rock Fwd – Anchor**

- 1 – 2 Step R forward, Step L forward
- 3 & 4 Step forward on R, L, R
- 5 – 6 Step L forward, recover on R
- 7 & 8 Step L behind R, Step R in place, Step L in place

**S2. Mambo Cross – Side Mambo Fwd – ½ Pivot – Walk Fwd**

- 1 & 2 Step R to side, Recover on L, Cross R over L
- 3 & 4 Step L to side, Recover on R, Step L forward
- 5 – 6 Step R forward, ½ turn left step L in place (06.00)
- 7 – 8 Step R forward, Step L forward

**S3. Point – Touch – Side – Touch – Rocking Chair**

- 1 – 2 Point R to side, Touch R beside L
- 3 – 4 Step R to side, Touch L beside R
- 5 – 6 Step L forward, Recover on R
- 7 – 8 Step L back, Recover on R

**S4. ¼ Pivot – Cross Shuffle – Monterey ½ Turn**

- 1 – 2 Step L forward, ¼ turn right step R in place (09.00)
- 3 – 4 Cross L over R, Step R to side, Cross L over R
- 5 – 6 Point R to side, ½ turn right close R together (03.00)
- 7 – 8 Point L to side, Close L together

**Restart on: 4 – 6 – 8 (After 16 Count)**

**Enjoy Dancing**

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