

Sinaran

Compte: 0

Mur: 2

Niveau: Improver mixed rhythm

Chorégraphe: Penny Boey (MY) & Ong May Wah (MY)

Musique: Sinaran - Sheila Majid



Sequence: AA B CC, AA B CC, AB, Tag, AB, CC, A till end of song

PART A

TOE STRUT, TOE STRUT, RIGHT SIDE SHUFFLE, CROSS ROCK

- 1-4 Right toe forward, lower heel, left toe forward, lower heel
5&6 Step right to right side, step left together, step right to right side
7-8 Cross rock left behind right, recover weight onto right

TOE STRUT, TOE STRUT, LEFT SIDE SHUFFLE, CROSS ROCK

- 1-8 Repeat above 8 steps, commencing left

SHUFFLE FORWARD, ROCK STEP, SHUFFLE BACK, ROCK STEP

- 1&2 Shuffle forward on right-left-right
3-4 Rock forward on left, recover weight onto right
5&6 Shuffle back on left-right-left
7-8 Rock back on right, recover weight onto left

SHUFFLE FORWARD, STEP PIVOT, ROCK STEP, COASTER STEP

- 1&2 Shuffle forward on right-left-right
3-4 Step forward on left, pivot ½ turn right
5-6 Rock forward on left, recover weight onto right
7&8 Step back on left, step right next to left, step forward on left

PART B

FORWARD RIGHT TOGETHER, RIGHT TOUCH, BACK LEFT TOGETHER, LEFT TOUCH

- 1-4 Step diagonally forward on right, step left together, step diagonally forward on right, touch left together
5-8 Step diagonally back on left, step right together, step diagonally back on left, touch right together

BACK RIGHT TOGETHER, RIGHT TOUCH, FORWARD LEFT TOGETHER, LEFT TOUCH

- 1-4 Step diagonally back on right, step left together, step diagonally back on right, touch left together
5-8 Step diagonally forward on left, step right together, step forward on left, touch right together

PADDLE TURNS (½ TURN TOTAL), JAZZ BOX

- 1-2 Step forward on right, pivot ¼ left (roll hips)
3-4 Step forward on right, pivot ¼ left (roll hips)
5-8 Cross right over left, step back on left, step right to right side, step left next to right

ROLLING VINE RIGHT, ROLLING VINE LEFT

- 1-4 Step right, left, right, touch left, making a full turn right (traveling right)
5-8 Step left, right, left, touch right, making a full turn left (traveling left)

PART C

SCISSORS RIGHT, SCISSORS LEFT, FORWARD ROCK, BACK ROCK

- 1&2 Step right to right, step left beside right, cross right in front of left

3&4 Step left to left, step right beside left, cross left in front of right
5-8 Rock forward on right, recover on left, rock back on right, recover on left

GRAPEVINE RIGHT, GRAPEVINE LEFT WITH ¼ TURN LEFT

1-4 Step right to right, step left behind right, step right to side, touch left beside right
5-8 Step left to left, step right behind left, make ¼ turn left stepping left forward, touch right beside left

GRAPEVINE RIGHT, GRAPEVINE LEFT WITH ¼ TURN LEFT

1-8 Repeat above 8 steps

SCUFF JAZZ BOX, HIP BUMPS

1-2 Scuff right forward, cross right in front of left
3-4 Step back on left, step right to right
5-6 Step slightly forward on left bumping left hip, then bum right hip
7&8 Double bum left hip

TAG

1-2 Sway hips to right
3-4 Sway hips to left
5-6 Sway hips to right
7-8 Sway hips to left
