

100% Cintaku

Compte: 32

Mur: 2

Niveau: Intermediate

Chorégraphe: Norlizah Abdul Rahim - January 2014

Musique: Cintaku 100% - Mas Idayu



Start dance on vocal

(1-8)4 Mambos(Forward, Back, Side, Side)

- 1&2 Rock RF forward, recover on LF, step RF next to LF
- 3&4 Rock LF back, recover on RF, step LF next to RF
- 5&6 Rock RF to R side, recover on LF, step RF next to LF
- 7&8 Rock LF to L side, recover on RF, step LF next to RF

(9-16) Side Chasse, ½ Turn Right, Side Chasse, Paddle ¾ Turn Left

- 1&2 Step RF to R side, step LF next to RF, step RF to R side
- 3&4 Make a ½ turn right stepping LF to L side, step RF next To LF, step LF to L side
- 5-8& Make a paddle ¾ turn left (RL RL RL RL)

***Restart: On wall 4(make a full turn paddle) and on wall 7
(make a ½ turn paddle). Both times facing 12.00

(17-24) Skate R,L, Shuffle Forward, Skate L,R, Shuffle Forward

- 1-2 Make a ¼ turn right skating RF, ½ turn left skating LF
- 3&4 Make a ½ turn right stepping RF forward, lock LF behind RF, step RF forward
- 5-6 Make a ½ turn left skating LF forward, ½ turn right skating RF forward
- 7&8 Make a ½ turn left stepping LF forward, lock RF behind LF, step LF forward

(25-32)Step Forward, Recover, ½ Turn Shuffle Forward, Pivot ½ Turn, Shuffle Forward

- 1-2 Step RF forward, recover on LF
- 3&4 Make a ½ turn right stepping RF forward, lock LF behind RF, step RF forward
- 5-6 Step LF forward, pivot ½ turn shifting weight to RF
- 7&8 Step LF forward, lock RF behind LF, step LF forward

Tag 1: (1-4)Cross, Cross, Step, Step

- 1-2 Cross RF over LF, cross LF over RF
- 3-4 Step RF back, step LF next to RF

Tag 2: (1-8) Hip Bump, Side Chasse

- 1-2 Step RF to R side bumping hips right, bump hips left
- 3&4 Step RF to R side, step LF next to RF, step RF to R side
- 5-6 Step LF to L side bumping hips left , bump hips right
- 7&8 Step LF to L side, step RF next to RF, step LF to L side

(9-16)Hip Bump, Cross, Step

- 1&2 Step RF forward pushing hips forward, back, forward
- 3&4 Step LF forward pushing hips forward, back, forward
- 5-6 Cross RF over LF, cross LF over RF
- 7-8 Step RF back, step LF next to RF

SEQUENCE: -

TAG 1: End of wall 1 (6.00)

TAG 2: End of wall 2 (12.00) , wall 5 (6.00) and wall 9 (12.00)

RESTARTS: On wall 4 and 7 after count 16 both facing 12.00

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