

Nirmala

Compte: 88

Mur: 4

Niveau: Phrased Intermediate



Chorégraphe: Roosamekto Mamek (INA) - April 2014

Musique: Nirmala - Siti Nurhaliza

Intro: 32 count / on vocals (Start counting from the hard beat)

PART A (64) Start facing 12:00

PART B (24) Start facing 06:00

SEQUENCE: A, A(16), A(40), A(40), A(60), A(48), B, B, B, B, B(6), A, A(50), A(46), Ending

PART A (64 COUNT) 12:00

A.1: RIGHT CHASSE, LEFT CHASSE, FORWARD SHUFFLE

1&2 Step R to side – Step L together – Step R to side
3&4 Step L to side – Step R together – Step L to side
5&6 Step R forward – Step L together – Step R forward
7&8 Step L forward – Step R together – Step L forward (12:00)

A.2: FORWARD, TURN ½ LEFT, FORWARD SHUFFLE, FORWARD, TURN ½ RIGHT, FORWARD SHUFFLE

1-2 Step R forward – Pivot turn ½ left
3&4 Step R forward – Step L together – Step R forward
5-6 Step L forward – Pivot turn ½ right
7&8 Step L forward – Step R together – Step L forward (12:00)

A.3: SIDE STEP, TOGETHER, RIGHT CHASSE, SIDE STEP, TOGETHER, LEFT CHASSE

1-2 Step R to side – Step L together
3&4 Step R to side – Step L together – Step R to side
5-6 Step L to side – Step R together
7&8 Step L to side – Step R together – Step L to side (12:00)

A.4: CROSS ROCK, RECOVER, SIDE ROCK

1&2& Rock/Cross R over L – Recover on L – Rock R to side – Recover on L
3&4 Rock/Cross R over L – Recover on L – Rock R to side
5&6& Rock/Cross L over R – Recover on R – Rock L to side – Recover on R
7&8 Rock/Cross L over R – Recover on R – Rock L to side (12:00)

A.5: SIDE, ROCK BEHIND, IN PLACE R-L, FORWARD SHUFFLE TURN ¼ RIGHT, TURN ¼ RIGHT, ROCK BEHIND, IN PLACE

1&2 Step R to side – Rock L behind R – Step R in place
3&4 Step L to side – Rock R behind L – Step L in place
5&6 Turn ¼ right step R forward – Step L together – Step R forward (03:00)
7&8 Turn ¼ right step L to side – Rock R behind L – Step L in place (06:00)

A.6: SIDE, ROCK BEHIND, IN PLACE R-L, FORWARD SHUFFLE TURN ¼ RIGHT, TURN ¼ RIGHT, ROCK BEHIND, IN PLACE

1&2 Step R to side – Rock L behind R – Step R in place
3&4 Step L to side – Rock R behind L – Step L in place
5&6 Turn ¼ right step R forward – Step L together – Step R forward (09:00)
7&8 Turn ¼ right step L to side – Rock R behind L – Step L in place (12:00)

A.7: WALK FORWARD WITH TURN ¼ RIGHT, SIDE TOUCH, WALK BACK, SIDE TOUCH

1-4 Turn ¼ right step R forward – Step L forward – Step R forward – Touch L to side (03:00)

5-8 Step L back – Step R back – Step L back – Touch R to side (03:00)

A.8: FORWARD, TOUCH, BACK TOUCH, SIDE, TOUCH

1-4 Step R forward – Touch L together – Step L back – Touch R together

5-8 Step R to side – Touch L together – Step L to side – Touch R together (03:00)

PART B (24 COUNT) 06:00

B. 1: FORWARD, SIDE TOUCH, HOLD, BACK, SIDE TOUCH, HOLD

1-3 Step R forward – Touch L to side – Hold

4-6 Step L back – Touch R to side – Hold (06:00)

B. 2: BACK, SIDE TOUCH, HOLD, FORWARD, SIDE TOUCH, HOLD

1-3 Step R back – Touch L to side – Hold

4-6 Step L forward – Touch R to side – Hold (06:00)

B.3: FORWARD, HITCH, HOLD, BACK, HITCH, HOLD

1-3 Step R forward – Hitch L knee up – Hold

4-6 Step L back – Hitch R knee up – Hold (06:00)

B.4: FORWARD, TURN ¼ LEFT WITH HITCH, HOLD, SIDE STEP, HITCH, HOLD

1-3 Step R forward – Turn ¼ left and hitch L knee up – Hold (03:00)

4-6 Step L to side – Hitch R knee up – Hold (03:00)

REPEAT

RESTARTS:-

On wall 2 dance only 16 count

On wall 3 & 4 dance only 40 count

On wall 5 dance only 60 count

On wall 6 dance only 48 count then continue the dance with the PART B (5 TIMES)

On the wall 5 of the PART B dance only 6 count, then continue the dance with the PART A (This is considered as a wall 7)

On wall 8 dance only 50 count

On wall 9 dance up to 46 then continue with the ENDING

ENDING: FORWARD, TURN ½ RIGHT

1-2 Step L forward – Pivot turn ½ right

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