

拍数: 124 墙数: 1 级数: Phrased Intermediate
编舞者: Yola Ireneous (INA) & Budi Satrio (INA) - January 2015
音乐: Ekspresi by Indonesian Idol 1



(Start dancing on lyric after 32 counts intro music)

Sequence : A – A – B – (Tag) – A – B – C – B – B – B

Tag□: 16 counts

A (32)□

A1 [1-8] SIDE, TOGETHER – RIGHT SIDE SHUFFLE – JAZZ BOX CROSS

1 – 2 Step R to side , close L beside R
3 & 4 Step R to side , close L beside R, step R to side
5,6,7,8 Cross L over R , step R back, step L to side , cross R over L

A2 [9-16]□SIDE TOGETHER – LEFT SIDE SHUFFLE – JAZZ BOX CROSS

1 – 2 Step L to side , close R beside L
3 & 4 Step L to side , close R beside L , step L to side
5,6,7,8 Cross R over L , step L back , step R to side , cross L over R

A3 [17-24]□FORWARD ROCK , ½ TURN RIGHT SHUFFLE, HIP BUMPS

1 – 2 Rock R forward , recover back on L
3 & 4 Turn ¼ right step R to side , close L beside R , turn ¼ right step R forward (6.00)
5 & 6 Touch L forward and bump hips forward, back , forward stepping on L
7 & 8 Touch R forward and bump hips forward , back , forward stepping on R

A4 [25-32]□PADDLE ¼ TURN RIGHT (X2) – SAILOR STEP – KICK BALL CHANGE

1,2,3,4 Step L forward , turn ¼ right , step L forward , turn ¼ right (12.00)
5 & 6 Step L behind R , step R to side , step L in place
7 & 8 Kick R forward , step R in place , step L

B (44)□

B1 [1-8] CROSS , HITCH - BOTAFOGO - ½ TURN RIGHT – SIDE TOUCH

1 – 2 Cross R over L , hitch L knee over R (body angle right diagonal)
3 & 4 Cross L over R , rock R to side , recover on L
5 – 6 Cross R over L , ¼ turn right stepping L back
7 – 8 ¼ turn right stepping R to side , touch L to side (6.00)

B2 [9-16]□LEFT ROLLING VINE , TOUCH - ½ TURN RIGHT , TOUCH – KICK BALL CROSS

1 – 2 Turn ¼ left stepping L forward , turn ½ left stepping R back
3 – 4 Turn ¼ left stepping L to side , touch R to side
5 – 6 Turn ¼ right stepping R forward , turn ¼ right touching L beside R
7 & 8 Kick L forward , step L in place , cross R over L (12.00)

B3 [17-24]□SIDE ROCK – VINE ¼ TURN RIGHT – WALK FORWARD – FORWARD MAMBO

1 – 2 Rock L to side , recover on R
3 & 4 Step L behind R , turn ¼ right stepping R forward , step L forward (3.00)
5 – 6 Walk forward on : R – L
7 & 8 Rock R forward , recover back on L , step R slightly back

B4 [25-32]□ANCHOR STEP (X2) – BACK TOUCH – ½ TURN LEFT, WALK

1 & 2 Rock L back , recover on R , recover back on L

3 & 4 Rock R back , recover on L , recover back on R
5 – 6 Touch L behind R , turn ½ left weight on L
7 – 8 Walk forward on : R , L .(9.00)

B5 [33-40] □ JAZZ BOX ¼ RIGHT – TOUCH TOUCH STEP – PIVOT ½ RIGHT

1,2,3,4 Cross R over L , step L back , turn ¼ right step R to side , step L forward (12.00)
5&6 Touch R slightly forward diagonal right , touch R further fwd , step R further fw
7 – 8 Step L forward – turn ½ right weight on R (6.00)

B6 [41-44] □ FORWARD DIAGONAL LEFT TOUCH TOUCH STEP – PIVOT ½ LEFT

1 & 2 Touch L slightly forward diagonal left , touch L further fwd , step L further fwd
3 – 4 Step R forward – pivot ½ turn left (12.00)

C (48) □

C1 [1-8] SIDE, HOLD – TOGETHER , HOLD – SIDE, HOLD – TOGETHER ,HOLD

1,2,3,4 Step R to side , hold , close L beside R , hold
5,6,7,8 repeat 1-4

C2 [9-16] □ SIDE, HOLD – TOGETHER , HOLD – SIDE, HOLD – TOGETHER ,HOLD

1,2,3,4 Step L to side , hold , close R beside L , hold
5,6,7,8 repeat 1-4

C3 [17-24] □ TWIST , HOLD – TWIST , HOLD – TWIST X3 , HOLD

1,2,3,4 Twist both heels to right , hold , twist both heels to left , hold
5,6,7,8 Twist both heels to right , left , right, hold

C4 [25-32] □ TWIST , HOLD – TWIST , HOLD – TWIST X3 , HOLD

1,2,3,4 Twist both heels to left , hold , twist both heels to right , hold
5,6,7,8 Twist both heels to left , right , left , hold

C5 [33-40] □ WALK WALK SHUFFLE FULL CIRCLE OVER RIGHT SHOULDER

1 – 2 start making full circle over right shoulder stepping on R , L
3 & 4 shuffle R , L, R
5 – 6 Step on L , R
7 & 8 Shuffle on L , R ,L (completing full circle facing 12.00)

C6 [41-48] □ WALK WALK SHUFFLE FULL CIRCLE OVER LEFT SHOULDER

1 – 2 start making full circle over left shoulder stepping on R , L
3 & 4 shuffle R , L, R
5 – 6 Step on L , R
7 & 8 Shuffle on L , R ,L (completing full circle facing 12.00)

Tag : 16 count Tag happens only once

FORWARD WALK , TOUCH – WALK BACK , TOUCH

1,2,3,4 Walk forward on : R , L , R , touch L to side
5,6,7,8 Walk backward on : L , R , L , touch R to side

PIVOT ½ LEFT – WALK FORWARD

1,2,3,4 Step R forward , turn ½ left weight on L , walk fwd R , walk fwd L
5,6,7,8 repeat 1-4

Enjoy the dance !!

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