

Baringin Sabatola

拍数: 32 墙数: 4 级数: Beginner
编舞者: Duma Kristina S (INA) - August 2015
音乐: Baringin Sabatola - Glenn Nainggolan



Intro: 32 Counts (app. 22 secs into track)

Start with weight on L foot.

(1-8) □ R chasse, L back rock, Side L, Behind side, Cross.

1 & 2 Step R to R side (1), step L next to R (&), Step R to R side (2) 12.00.
3 4 Rock back on L (3), Recover on R (4).
5 6 Step L to L side (5). Cross R behind L (6).
7 8 Step L to L side (7). Cross R over L (8).

(9-16) □ L chasse, R back rock, Shuffle ½ L, L rock back, Recover.

1 & 2 Step L to L side (1), Step next to L (&), Step L to L side (2) 12.00.
3 4 Rock back on R (3), Recover on L (4)
5 & 6 Turn ¼ L step R to R side (5) 09.00, Step L next to R (&), Turn ¼ L stepping back to R (6)
09.00.
7 8 Rock back on L (7), Recover on R (8) 06.00.

(17-24) □ Side, Recover, Back, Recover, ½ Turn R, Cross shuffle.

1 2 Step L to L side (1), Recover on R (2).
3 4 Rock back on L (3), Recover on R (4).
5 6 Turn ¼ R, Step back on L (5) 09.00. Turn ¼ R, Step R to R side (6) 12.00.
7 & 8 Cross L over R (7), Step R to R side (&), Cross L over R (8) 12.00.

(25-32) R forward rock, Recover, Shuffle ½ R, Shuffle ¼ R, Back rock, Recover.

1 2 Rock forward on R (1), Recover on L (2) 12.00.
3 & 4 Turn ¼ step R to R side (3) 03.00, Step L next to R (&), Turn ¼ R, Stepping R forward (4)
06.00.
5 & 6 Turn ¼ R step L to L side (5) 09.00, Step R next L (&), Step L to L side (6) 09.00.
7 8 Rock back on R (7), Recover on L (8).

Begin again

Tag after walls 1, 2, 4, 7.

Rocking Chair

1-4 Rock forward on R (1), Recover on L (2). Rock back on R (3), Recover on L (4).

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Last Update - 5th Aug 2015