

Lancang Kuning

拍数: 68 墙数: 0 级数: Phrased Improver
编舞者: Ade Winda (INA) - August 2016
音乐: "Lancang Kuning" Indonesian Folk song



Intro : 34 count – Phrase: AAB AAB Tag (12) AA(12)

A (20 count)

A1: CROSS, CROSS, ¼ TURN R, SIDE, TOUCH, ¼ TURN L, ½ TURN L, ½ TURN L, TRIPLE STEP

1 – 2 Cross R over L, cross L over R
3 – 4 ¼ turn right step R to right side, touch L beside R
5 – 6 ¼ turn left step L forward, ½ turn left step back on R
7&8 ½ turn left step on L-R-L

A2: ROCK, RECOVER, COASTER STEP, LOCK SHUFFLE BACK

1 – 2 Step R forward, recover on L
3&4 Step back on R, step L next to R, step forward on R
5&6 Step back on L, cross R over L, step back on L
7&8 Step back on R, cross L over R, step back on R

A3: SAILOR STEP, SWAY

1&2 Step L behind R, step R beside L, step R to right side
3 – 4 Hip sway R-L

B (48 count)

B1: CROSS OVER, RECOVER, HITCH, STEP SIDE, REVERSE

1 – 2 Cross R over L, recover on L
3 – 4 Hitch R, step R to right side
5 – 8 Reverse

B2: CROSS OVER, CROSS BEHIND, ¼ TURN, ½ TURN, ¼ TURN SHUFFLE

1 – 2 Cross R over L, step L to left side
3 – 4 Cross R behind L, step L to left side
5 – 6 ¼ turn left step R forward, ½ turn left step L forward
7&8 ¼ turn left shuffle on R-L-R

BIII & BIV reverse session BI & BII

BV. □SWAY R-L, ¼ TURN CHASSE, SWAY L-R, CHASSE

1 – 2 Sway on R-L
3&4 ¼ turn left chasse to right side R-L-R
5 – 6 Sway on L-R
7&8 Chasse to left side L-R-L

BVI. □PIVOT, HIP SWAY

1 – 2 Step R forward, ½ turn left step on L
3 – 4 Step R forward, ½ turn left step on L
5 – 8 Step R to right side and Hip sway R-L-R-L

Tag : 12 count

1 – 2 Cross R over L, recover on L
3 – 4 Step R to right side, cross L over R
5 – 6 Recover on R, ¼ turn left step L forward

7 – 8 ½ turn left step back on R, step forward on L
9 -10 ¼ turn left step R to right side with hip sway R-L
11-12 Hip sway R-L

Ending : after 12 count (3:00)□
Turn ¼ to left and pose

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