

Sigulempong

拍数: 88 墙数: 2 级数: Beginner
编舞者: Rusti Simanihuruk - July 2017
音乐: "Sigulempong" – by Nahum Situmorang, Vocal : Trio Lamtama dan Kasim



Intro : 36 counts

WALK FORWARD, WALK FORWARD, SHUFFLE, WALK FORWARD, WALK FORWARD, SHUFFLE,

1-2 Step R forward, Step L forward
3&4 Shuffle R forward on R-L-R
5-6 Step L forward, Step R Forward
7&8 Shuffle L forward on L-R-L

ROCK RECOVER, SAILOR, SAILOR, UNWIND

1-2 Rock R forward, Recover on L
3&4 Cross R behind L, Step L to left side, step R in place
5&6 Cross L behind R, Step R to right side, step L in place
7-8 Touch R toe behind L, unwind ½ right

ROCKING CHAIR, WALK FORWARD, WALK FORWARD, SHUFFLE

1-2 Rock L forward, Recover on R
3-4 Rock L back, Recover on R
5-6 Step L forward, step R forward
7&8 Shuffle L forward on L-R-L

WALK FORWARD, WALK FORWARD, SHUFFLE, ROCK RECOVER, SAILOR

1-2 Step R Forward, Step L forward
3&4 Shuffle R forward on R-L-R
5-6 Rock L forward, Recover on R
7&8 Cross L behind R, Step R to right side, step L in place

SAILOR, UNWIND, ROCKING CHAIR

1&2 Cross R behind L, Step L to left side, step R in place
3-4 Touch L toe behind R, unwind turn ½ L
5-6 Rock R forward, Recover on L
7-8 Rock R back, Recover on L

FORWARD, POINT, FORWARD, POINT, HITCH, BACK, HITCH, POINT

1-2 Step R forward, Point L to left side
3-4 Step L forward, Point R to right side
5-6 Hitch R, Step R back
7-8 Hitch L, Point L to left side

FORWARD, POINT, FORWARD, POINT, HITCH, BACK, POINT, STEP

1-2 Step L forward, Point R to right side
3-4 Step R forward, Point L to left side
5-6 Hitch L, Step L back
7-8 Point R to right side, Step R beside L

TWIST, TWIST, TWIST, TWIST, JAZZ BOX, STEP

1-2 Twist both heels to left side, Twist both toes to left side
3-4 Twist both heels to left side, Twist both toes to center

5-6 Cross R over L, Step back on L
7-8 Step R to right side, Step L beside R

TWIST, TWIST, TWIST, TWIST, JAZZ BOX, TURN 1/4 L

1-2 Twist both heels to right side, Twist both toes to right side
3-4 Twist both heels to right side, Twist both toes to center
5-6 Cross L over R, Step back on R
7-8 Turn ¼ L step L to L side, Step R beside L

TWIST, TWIST, TWIST, TWIST, JAZZ BOX, STEP

1-2 Twist both heels to left side, Twist both toes to left side
3-4 Twist both heels to left side, Twist both toes to center
5-6 Cross R over L, Step back on L
7-8 Step R to R side, Step L beside R

TWIST, TWIST, TWIST, TWIST, JAZZ BOX, TURN 1/4 L

1-2 Twist both heels to right side, Twist both toes to right side
3-4 Twist both heels to right side, Twist both toes to center
5-6 Cross L over R, Step back on R
7-8 Turn ¼ L step L to L side, touch R beside L

TAG : After Wall 1st, 4th (4 count)

1-2 Step R to right side, Step L to left side
3-4 Step R to right side, Step L to left side

Restart : After Wall 3rd (36 Count)

Ending :

TWIST, TWIST, TWIST, TWIST, JAZZ BOX, STEP

1-2 Twist both heels to left side, twist both toes to left side
3-4 Twist both heels to left side, twist both toes to center
5-6 Cross R over L, Step Back on L
7-8 Step R to right side, Step L beside R

TWIST, TWIST, TWIST, TWIST, JAZZ BOX, STEP

1-2 Twist both heels to right side, twist both toes to right side
3-4 Twist both heels to right side, twist both toes to center
5-6 Cross L over R, Step back on L
7-8 Step L to left side, Step R beside L

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