

Sio Ade

拍数: 128 墙数: 1 级数: Phrased Intermediate
编舞者: Rini Hukom (INA) & Luci - November 2017
音乐: Ade Monika by Emooz



Sequence : A-B-C-C Tag A-A-D-B-C-C Tag A-A-D-C-A-A-A-A

A. 32 counts

A1: WALK, TOUCH, SIDE TOUCH, HITCH

1 – 4 Walk RLR, Touch L toe next to R
5 – 8 Touch L toe side, Hitch L, Touch L toe side, Touch L toe next to R

A2: BACK, BACK, BACK, TOUCH, SIDE TOUCH, HITCH

1 – 4 Back LRL, Touch R toe next to L
5 – 8 Touch R toe side, Hitch R, Touch R toe side, Touch R toe next to L

A3: ROCKING CHAIR, FORWARD, RECOVER, ½ TURN R, SHUFFLE

1 – 4 Rock forward R, Recover on L, Rock back on R, Recover on L
5 – 6 Rock forward on R, Recover on L
7 & 8 Turn ½ R forward R, Step L next to R, Forward on L

A4: ROCKING CHAIR, FORWARD, TURN ½ TURN R, FORWARD, HOLD

1 – 4 Rock forward L, recover on R, Rock back on L, Recover on R
5 – 6 Step L forward, Turn ½ R weight on R
7 – 8 Step L next to R with pumping both arms, Hold and still pumping both arms

B. 32 counts

B1: ROCK CROSS, RECOVER, SIDE, ROCK CROSS, RECOVER, SIDE, CLOSE, CLOSE

1 – 2 Rock R cross over L, Recover on L
3 – 4 Step R to side, Rock L cross over R
5 – 6 Recover on R, Step L to side
7 – 8 Step R next to L, Step close on L

B2: HEEL GRIND, COASTER, HEEL GRIND, COASTER

1 – 2 Swivel R toe to left, Swivel R toe to right
3 & 4 Step back on R, Step L next to R, Step forward on R
5 – 6 Swivel L toe to right, Swivel L toe to left
7 & 8 Step back on L, Step R next to L, Step forward on L

B3: REPEAT B.I

B4: REPEAT B.II

C. 32 counts

CI. FORWARD, TURN 1/8, TURN 1/8, HEEL CROSS, SIDE, BEHIND, SIDE

1 – 2 Step R to R side, Turn 1/8 R weight on L
3 – 4 Step R to side, Turn 1/8 R weight L
5 – 6 Step R heel to cross R over L with bending both knees, Step L to left side
7 – 8 Cross R behind L, Step L to left side

CII. HEEL CROSS, SIDE, BEHIND, RECOVER, SIDE, CLOSE, CLOSE, SIDE, CLOSE, CLOSE

1 – 2 Step R heel to cross R over L with bending both knees, Step L to left side
3 – 4 Cross R behind L, Recover on L

- 5 & 6 Step R to right side, Step L next to R, Close on R
7 & 8 Step L to left side, Step R to next L, Close on L

CIII. TURN ¼ L, SIDE, CLOSE, CLOSE, SIDE, CLOSE, CLOSE, TOUCH CROSS OVER, TOUCH SIDE, CROSS, SIDE, RECOVER

- 1 & 2 Turn ¼ L Step R to right side, Step L next to R, Close on R
3 & 4 Step L to left side, Step R next to L, Close on R
5 – 6 Touch R heel cross over L, Touch R toe to side
7 & 8 Cross R over L, Step L to side, Recover on R

CIV. TOUCH CROSS OVER, TOUCH SIDE, CROSS, SIDE, RECOVER, CHARLESTON

- 1 – 2 Touch L heel cross over R, Touch L toe to side
3 & 4 Cross L over R, Step R next to L, Recover on L
5 – 6 Touch R forward, Step back on R
7 – 8 Touch L backward, Step L next to R

D. 32 counts

DI. FORWARD DIAGONALLY, CLOSE, FORWARD DIAGONALLY, CLOSE

- 1 – 2 Step R forward diagonally with bending and wide both knees, Close L next R back position
3 – 4 Step L forward diagonally with bending and wide both knees, Close R next L back position
5 – 6 Step R forward diagonally with bending and wide both knees, Close L next R back position
7 – 8 Step R forward diagonally with bending and wide both knees, Close L next R back position

DII. BACK, HEEL GRIND, FORWARD, CLOSE, BACK, CLOSE

- 1 – 2 Back on R with swivel L toe to left, back on L with swivel R toe to right
3 – 4 Repeat and close
5 – 6 Step R forward and shimmy shoulder, Step L next to R continue shimmy
7 – 8 Step back on L and shimmy shoulder, Step R next to L continue shimmy

DIII. ¼ TURN L TOE TOUCH, HOLD, HIP BUMP, PADDLE TURN ¼ TURN R TOE TOUCH, HOLD, 1/8 TURN L, 1/8 TURN L

- 1 – 2 Turn ¼ L touch R to to side, Hold
Look over L shoulder, L hand cover the face and R hand stretch up diagonally
3 & 4 Hip bump RLR
5 – 8 Turn ¼ R gradually touch R side and close

DIV. REPEAT D.III opposite

Tag

- 1 – 4 Turn the body to left with moving continue R L shoulder up and down fastly, Hold

Contact: ikatanlangkahdainsaindonesia2008@yahoo.co.id
