

Flobamora

拍数: 32 墙数: 4 级数: Improver
编舞者: Riny Kusumawati (INA) - March 2019
音乐: No nama crew - flobamora maju (kupang ntt) - Reggae



Intro: 32 counts

A. STEP RIGHT SIDE SWAY – CHASSE – STEP LEFT SIDE SWAY – CHASSE

1&2& Step RF to R sway to R, touch LF, sway to L, touch RF
3&4 Chasse to R R-L-R
5&6& Step LF to L sway to L, touch RF, sway to R, touch LF
7&8 Chasse to L L-R-L

B. REPEAT A

C. LEFT DIAGONAL ROCKING CHAIR-STEP SIDE-RIGHT DIAGONAL ROCKING CHAIR-STEP SIDE

1& Rock RF forward L diagonal, recover onto LF
2& Rock RF backward diagonal, recover onto LF
3&4 Rock RF forward L diagonal, recover onto LF, step RF to R
5& Rock LF forward R diagonal, recover onto RF
6& Rock LF backward diagonal, recover onto RF
7&8 Rock LF forward R diagonal, recover onto RF, step LF to L

D. REPEAT C

MAIN DANCE :

I. RUN FORWARD – HIP BUMP – RUN BACKWARD – HIP BUMP

1&2 Run Forward R-L-R
3&4 Touch LF to diagonal L push L hip bump L up, L hip bump L down
5&6 Run Backward L-R-L
7&8 Touch R to diagonal R push R hip bump R up, R hip bump R down

II. VAUDEVILLE RIGHT DAN LEFT – ANCHOR STEP BACK RIGHT 2x AND LEFT 2x

1&2& Step RF to R, cross LF over RF, Step RF to R, touch L heel to L
3&4& Step LF to L side, cross RF over LF, Step LF to L, touch R heel to R
5&6 Step RF back with both knee bend go up (2x) push chess forward
7&8 Step LF back with both knee bend go up (2x) push chess forward

III. STEP SIDE SWAY – CHASSE – ¼ TURN STEP SIDE SWAY – CHASSE

1&2& Step RF to R sway to R, touch LF, sway to L, touch RF
3&4 Chasse to R side R-L-R
5&6& Turn ¼ R, Step LF to L sway to L, touch RF, sway to R, touch LF
7&8 Chasse to left side L-R-L

IV. V STEP – BACKWARD DIAGONAL -TOUCH- BACKWARD DIAGONAL -TOUCH

1-2 Step RF to R, step LF to L
3-4 Step RF back to centre, step LF beside RF
5-6 Backward RF to right diagonal, touch LF beside RF
7-8 Backward LF to L diagonal, touch RF beside LF

TAG AND RESTART :

On wall 9 after 30 counts : Hold 1 count at place

TAG : On wall 10 after 32 counts :

1-2 Step RF back and step LF together

Enjoy the dance

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