

Plis Dong Sayang

拍数: 64 墙数: 2 级数: Phrased High Beginner
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音乐: Plis Dong Sayang - NDX A.K.A



No Tag No Restart

Sequence : A B B, A B B, A B B, A A

Intro 16 Counts

Part A

S1. CROSS MAMBO (R/ L)

1&2& Cross R Over L, L in place , step R to side, recover on L
3&4 Cross R over L, L in place, step R to side
5&6& Cross L Over R, step R in place, step L to side, recover on R
7&8 Cross L over R, Step R in place, step L to side

S2. FORWARD MAMBO - COASTER STEP – SCISSOR

1&2 Step R forward, step L in place, step R together L
3&4 Step L back, close R beside L, step L forward
5&6 Step R to side, Close L together R, cross R over L
7&8 Step L to side, close R together L, cross L over R

S3. FORWARD SHUFFLE (R-L) - 1/2 PIVOT, FORWARD - CLOSE

1&2 Step R forward, step L beside R, step R forward
3&4 Step L forward, step R beside L, step L forward
5 – 6 Step R forward, 1/2 turn left (6.00) L in place
7 – 8 Step R forward, Close L beside R

S4. SIDE - TOUCH - CHASSE (R/L)

1&2& Step R to side , Touch L beside R, Step L to side, touch R beside L
3&4& Step R to side , step L together R, step R to side, touch L beside R
5&6& Step L to side , touch R beside L, step R to side, touch L beside R
7&8& Step L to side, step R together , step L to side, touch R beside L

Part B

S1. HEEL-TOUCH- CHASSE (R – L)

1-2 Touch R heel forward , touch R toe beside L
3&4 Step R to side , Step L beside R, R to side
5-6 Touch L heel forward , touch L toe beside R
7&8 Step L to side , Step R beside L , L to side

S2. FORWARD WALK (R-L-R) - KICK - BACK WALK (L-R-L) - TOUCH

1-2 Step R forward, step L forward
3-4 Step R forward, kick L forward
5-6 Step L backward, step R backward
7-8 Step L backward, touch R beside L

S3 . ROLLING VINE

1-2 1/4 Turn R Step R forward, 1/4 turn right step L to side
3-4 1/2 Turn R Step R to side, touch L beside R
5-6 1/4 Turn L step L forward, 1/4 Turn L Step R to side
7-8 Step L to side, touch R beside L

S4. FORWARD –SIDE TOUCH (R-L)-JAZZ BOX

- 1-2 Step R forward, touch L to side
- 3-4 Step L forward, touch R to side
- 5-6 Cross R over L, step L back
- 7-8 Step R to side , Close L beside R

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