Mendung Tanpo Udan



拍数: 64 墙数: 0 级数: Improver

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音乐: Mendung Tanpo Udan - Safira Inema



Sequence: Intro/Variation Step (VS), VS, 64, 40, 40, VS, VS, 64, 40, 40, VS, VS, VS, VS, VS, VS, Ending (repeat from S3 on Variation Step).

S 1. RIGHT SIDE, TOGETHER, RIGHT SIDE, CLOSE, LEFT SIDE, TOGETHER, LEFT SIDE, CLOSE

Step RF to R side, close LF next to RF, step RF to R side, close LF beside RF
 Step LF to L side, close RF next to LF, step LF to L side, close RF beside LF

S 2. REPEAT S1.

S 3. ROCKING CHAIR. PADDLE TURN 1/2 L.

1 2 3 4 Rock RF forward, recover onto LF, rock back RF, recover onto LF

5 6 7 8 Turn 1/4 L rocking R ball to R, recover onto LF, turn 1/4 L rocking R ball to R, recover onto

LF.

S 4. REPEAT S3

S 5. R SIDE DIAGONAL, L SIDE DIAGONAL

Step RF to R diagonal, close LF next to RF, step RF to R diagonal, close LF beside RF.

Step LF to L diagonal, close RF next to LF, step LF to L diagonal, close RF beside LF.

S 6. SINGLE BACK DIAGONAL R-L 2X

1 2 3 4 Step back RF to R diagonal, close LF next to LF. Step back LF to L diagonal, close RF next

to RF.

5 6 7 8 Step back RF to R diagonal, close LF next to LF. Step back LF to L diagonal, close RF next

to RF.

S 7. (Repeat S5).

S 8. (Repeat S6).

Intro/Variation Step (VS)

S 1: STEP LF DIAGONAL WITH FINGER FLICK, RF DIAGONAL WITH FINGER FLICK

1 - 4 Step LF diagonal with stom heel and finger flick from down to up
5 - 6 Step RF diagonal with stom heel and finger flick from down to up

S 2: BODY CIRCLE LEFT TO RIGHT, SWING RIGHT HAND, BODY CIRCLE LEFT TO RIGHT

1 - 4 Body circle left to right with swinging right arm around the head from left to right.

5 - 6 Body circle L to R, right and left hands spread wide open

S 3. STEP LF TO LEFT SIDE. HOLD. STEP RF TO RIGHT SIDE. HOLD. 2X.

Step LF to L side with push your elbows to the left in front of your chest, hold.

Step RF to R side with push your elbows to the right in front of your chest, hold.

5 6 Step LF with push left hand forward, hold.7 8 Step RF with push right hand forward, hold.

S 4. HIP ROLL L TO R, HIP ROLL R TO L.

1234	Swing around the waist from left to right
5678	Swing around the waist from right to left

