

Insha Allah

拍数: 64 墙数: 2 级数: Phrased Easy Intermediate
编舞者: Inne (INA), Maya Puspita (INA) & Rani (INA) - March 2022
音乐: Insha Allah (feat. Fadly "Padi") - Maher Zein



SEQUENCE : A-B-B-A-B-B-A(32counts)-Tag-A-B-B-B-B(Ending)
Intro 32 Counts

• Part A (48 counts)

I. CROSS ROCK, CHASSE, ½ TURN CROSS, BACK, CHASSE

1 , 2 Cross RF over LF, Recover onto LF
3 & 4 Step RF to R, Close LF next to RF, Step RF to R
5 , 6 Cross LF over RF, Make ¼ turn L Stepping RF back
7 & 8 Make ¼ turn L Stepping LF to L, Close RF next to LF, Step LF to L (06.00)

II. CROSS ROCK, CHASSE, ¼ TURN CROSS, BACK, CHASSE

1 , 2 Cross RF over LF, Recover onto LF
3 & 4 Step RF to R, Close LF next to RF, Step RF to R
5 , 6 Cross LF over RF, Make ¼ turn L Stepping RF back
7 & 8 Step LF to L, Close RF next to LF, Step LF to L (03.00)

III. STEP, SIDE ROCK CROSS, ROCK FWD, ½ TURN, WALK

1 , 2& Step RF fwd, Rock LF to L, Recover onto RF
3 , 4& Cross LF over RF, Rock RF to R, Recover onto LF
5 , 6 Rock RF fwd, Recover onto LF
7 , 8 Make ½ turn R Walking fwd RF, LF (09.00)

IV. STEP, SIDE ROCK CROSS, ¼ TURN CROSS SHUFFLE

1 , 2& Step RF fwd, Rock LF to L, Recover onto RF
3 , 4& Cross LF over RF, Rock RF to R, Recover onto LF
5 , 6 Step RF fwd, Make ¼ turn L Stepping LF in place (06.00)
7 & 8 Cross RF over LF, Step LF to L, Cross RF over LF

V. STEP SIDE, CROSS BEHIND, SWEEP, SIDE, CROSS ROCK, BIG STEP SIDE, TOUCH

1 , 2 Step LF to L, Cross RF behind LF
3 , 4 Sweep LF front to back, Step RF to R
5 , 6 Cross LF over RF, Recover onto RF
7 , 8 Make a big Step LF to L, Touch RF next to LF

VI. BACK ROCK, ½ TURN, BACK ROCK, SWAY

1 , 2 Rock RF back, Recover onto LF
3 , 4 Make ½ turn L Stepping RF back, Recover onto LF
5 , 6 Rock RF back, Recover onto LF
7 , 8 Step RF to R Sway R,L

• Part B (16 counts)

I. CROSS ROCKS, ROCK FWD, CLOSE, ROCK FWD, CLOSE

1 , 2& Cross RF over LF, Recover onto LF, Step RF to R
3 , 4& Cross LF over RF, Recover onto RF, Step LF to L
5 , 6& Rock RF fwd, Recover onto LF, Close RF next to LF
7 , 8& Rock LF fwd, Recover onto RF, Close LF next to RF

II. DOROTHY R, DOROTHY L, PIVOT ½ TURN, WALK

1 , 2& Step RF diagonal fwd, Lock LF behind RF, Step RF diagonal fwd
3 , 4& Step LF diagonal fwd, Lock RF behind LF, Step LF diagonal fwd
5 , 6 Step RF fwd, Make ½ turn L Stepping LF fwd
7 , 8 Walking fwd on RF, LF

• TAG (4 counts)

WALKS, TOUCH

1 - 4 Make ½ turn L Walking LF, RF, LF, Touch RF to R

• ENDING : Make ½ turn L Touch RF to side then pose.

HAPPY DANCING!!!

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