

Cindai

拍数: 104 墙数: 4 级数: Phrased Easy Intermediate
编舞者: Rossana HB (INA) - June 2022
音乐: Cindai - Siti Nurhaliza



Intro: 36 counts

Sequence: ATag1 ATag2 ABBC ATag1 ATag2 ABB BB

A (32)

Section 1 (1- 8) : GRAPEVINE (R/L)

1 2 3 4 Step RF to R (1), Cross LF behind RF (2), Step RF to R (3), Touch LF next to RF (4),
5 6 7 8 Step LF to L (5), Cross RF behind LF (6), Step LF to L (7), Touch RF next to LF (8),

Section 2 (9-16) : FORWARD, TURN ¼ R, SIDE, HITCH, FORWARD, TURN ½ L, SIDE, HITCH (ZAPIN STEP)

1 2 3 4 Step RF forward (1), Turn ¼ R stepping LF to L (03.00) (2), Step RF in place (3), Hitch LF (4),
5 6 7 8 Step LF forward (5), Turn ½ L stepping RF back (09.00) (2), Step LF to L (3), Hitch RF (8),

Section 3 (17- 24) : ROCKING CHAIR, FORWARD, TURN ½ R WITH HITCH, FORWARD, TOUCH

1 2 3 4 Rock RF forward (1), Recover onto LF (2), Rock RF back (3), Recover onto LF (4),
5 6 7 8 Step RF forward (5), Turn ½ R hitching LF (03.00) (6), Step LF forward (7), Touch RF next to LF (8),

Section 4 (25- 32) : FORWARD ROCK, BACK SHUFFLE, BACK ROCK, FORWARD SHUFFLE

1 2 3&4 Rock RF forward (1), Recover onto LF (2), Step RF back (3), Step LF next to RF (&), Step RF back (4),
5 6 7&8 Rock LF back (5), Recover onto RF (6), Step LF forward (7), Step RF next to LF (&), Step LF forward (8),

B (32)

Section 1 (1- 8) : SCUFF, ¼ TURN, BALL CHANGE, FORWARD (BEGENDANG STEP) (2X)

&1&2&3&4 Scuff Right Heel forward (&), Turn ¼ R stepping RF forward (03.00) (1), Touch Left Ball next to RF (&), Step RF forward (2), Scuff Left Heel forward (&), Turn ¼ R stepping LF forward (06.00) (3), Touch Right Ball next to LF (&), Step LF forward (4),
&5&6&7&8 Scuff Right Heel forward (&), Turn ¼ R stepping RF forward (09.00) (5), Touch Left Ball next to RF (&), Step RF forward (6), Scuff Left Heel forward (&), Turn ¼ R stepping LF forward (12.00) (7), Touch Right Ball next to LF (&), Step LF forward (8),

Section 2 (9-16) : BRUSH, HOOK, FORWARD SHUFFLE, REVERSE

1 2 3&4 Brush Right Ball (1), Hitch RF (2), Step RF forward (3), Close LF next to RF (&), Step RF forward (4),
5 6 7&8 Brush Left Ball (5), Hitch LF (6), Step LF forward (7), Close RF next to LF (&), Step LF forward (8),

Section 3 (17-24) : (TOUCH HEEL, TOUCH BALL) 2x, SYNCOPATED GRAPEVINE, TOGETHER

1 2 3 4 Touch Right Heel forward (1), Touch Right Ball next to LF (2), Touch Right Heel forward (3), Touch Right Ball next to LF (4),
5&6&7 8 Step RF to R (5), Cross LF behind RF (&), Step RF to R (6), Cross LF over RF (&), Step RF to R (7), Close LF next to RF (8),

Section 4 (25-32) : JAZZ BOX ¼ R (2X)

1 2 3 4 Cross RF over LF (1), Step LF back (2), Turn ¼ R stepping RF to R (03.00) (3), Step LF forward (4)

5 6 7 8 Cross RF over LF (5), Step LF back (6), Turn ¼ R stepping RF to R (06.00) (7), Step LF forward (8)

C (40)

Section 1 (1- 8) : WALK (R/L), FORWARD SHUFFLE, REVERSE

1 2 3&4 Step RF forward (1), Turn ¼ R stepping LF forward (03.00) (2), Turn ¼ R stepping RF forward (06.00) (3), Step LF next to RF (&), Step RF forward (4),

5 6 7&8 Step LF forward (5), Turn ¼ R stepping RF to R (09.00) (6), Turn ¼ R stepping LF forward (12.00) (7), Step RF next to LF (&), Step LF forward (8),

Section 2 (9-16) : GRAPEVINE, FULL TURN, TOUCH

1 2 3 4 Step RF to R (1), Cross LF behind RF (2), Step RF to R (3), Touch LF next to RF (4),

5 6 7 8 Turn ¼ L stepping LF forward (09.00) (5), Turn ½ L stepping RF back (03.00) (6), Turn ¼ L stepping LF to L (12.00) (7), Touch RF next to LF (8)

Section 3 (17-24) : CROSS ROCK, CHASSE, REVERSE

1 2 3&4 Cross Rock RF over LF (1), Recover onto LF(2), Step RF to R (3), Close LF next to RF (&), Step RF to R (4),

5 6 7&8 Cross Rock LF over RF (5), Recover onto RF(6), Step LF to L (7), Close RF next to LF (&), Step LF to L (8),

Section 4 (25-32) : SIDE, TURN ¼ L, TURN ¼ L, SIDE (BESIPAT STEP) (2X)

1 2 3 4 Step RF to R (1), Turn ¼ L stepping LF back (09.00) (2), Turn ¼ L stepping RF back (06.00) (3), Step LF to L (4),

5 6 7 8 Step RF to R (5), Turn ¼ L stepping LF back (03.00) (6), Turn ¼ L stepping RF back (12.00) (7), Step LF to L (8)

Section 5 (33-40) : CROSS, POINT, CROSS, POINT, CROSS, POINT, TOGETHER, TOUCH

1 2 3 4 Cross RF over LF (1), Point LF to L (2), Cross LF over RF (3), Point RF to R (4)

5 6 7 8 Cross RF behind LF (5), Point LF to L (6), Close LF next to RF (7), Touch (8)

Tag 1: FORWARD, SWAY R/L, HOLD

1 2 3 4 Step RF forward (1), Sway R (2), Sway L (3), Hold (4)

Tag 2: WALK (R/L), FORWARD SHUFFLE, REVERSE

1 2 3&4 Step RF forward (1), Turn ¼ R stepping LF forward (03.00) (2), Turn ¼ R stepping RF forward (06.00) (3), Step LF next to RF (&), Turn ¼ R stepping RF forward (09.00) (4),

5 6 7&8 Step LF forward (5), Turn ¼ R stepping RF to R (12.00) (6), Turn ¼ R stepping LF forward (03.00) (7), Step RF next to LF (&), Step LF forward (8),

Note:

Zapin Step, Begendang Step, Besipat Step is adopted from Malay Dance of Sumatera, Indonesia

Enjoy the dancel!

Contact : aderossana@gmail.com
