

Bendera Merah Putih

拍数: 64 墙数: 0 级数: Phrased Beginner
编舞者: Luci Chryz (INA) - August 2022
音乐: Bendera Merah Putih (Ibu Sud) Lagu Wajib Nasional



INTRO 32C (FREE STYLING) A(48C) B(16C) SEQUENCE AAB AB
START RF

PART A

SECTION 1 - STEP FWD R-L-R, TOUCH, STEP BWD L-R-L, TOUCH

1 2 3 4 Step fwd R-L-R (1) (2) (3) Touch (4)
5 6 7 8 Step fwd L-R-L (5) (6) (7) Touch (8)

SECTION 2 - SIDE TOUCH, TOGETHER TOUCH, STEP SIDE. TOGETHER TOUCH (R-L)

1 2 3 4 Touch to side RF (1) Together touch RF (2) Step to side RF (3) Together touch LF (4)
5 6 7 8 Touch to side LF (5) Together touch LF (6) Step to side LF (7) Together touch RF (8)

SECTION 3 - 4× TOUCH FWD, REPLACE (R-L-R-L)

1 2 3 4 Touch fwd RF (1) Replace RF (2) Touch fwd LF (1) Replace LF (2)
5 6 7 8 Touch fwd RF (5) Replace RF (6) Touch fwd LF (7) Replace LF (8)

SECTION 4 - RUMBA BOX WITH TOUCH

1 2 3 4 Step to side RF (1) Step together LF (2) Step fwd RF (3) Together touch LF (4)
5 6 7 8 Step to side LF (5) Step together RF (6) Step bwd LF (7) Together touch RF (8)

SECTION 5 - 2× DIAGONAL SHUFFLE, TOUCH (R-L)

1 2 3 4 Step diagonal RF (1) Step LF behind RF (2) Step diagonal RF (3) Together touch LF (4)
5 6 7 8 Step diagonal LF (5) Step RF behind LF (6) Step diagonal LF (7) Together touch RF (8)

SECTION 6 - ROCK FWD, RECOVER, STEP TOGETHER, TOUCH, STEP BWD L-R-L, TOUCH

1 2 3 4 Step fwd RF (1) Recover LF (2) Step together RF (3) Together touch LF (4)
5 6 7 8 Step bwd LF (5) Step bwd RF (6) Step bwd LF (7) Together touch RF (8)

PART B

SECTION 7 - STEP SIDE, STEP TOGETHER, STEP SIDE, TOUCH (R-L)

1 2 3 4 Step to side RF (1) Step together LF (2) Step to side RF (3) Together touch LF (4)
5 6 7 8 Step to side LF (5) Step together RF (6) Step to side LF (7) Together touch RF (8)

SECTION 8 - CROSS, POINT (R-L), STEP BWD, POINT (R-L)

1 2 3 4 Cross RF over LF (1) Point to side LF (2) Cross LF over RF (3) Point to side RF (4)
5 6 7 8 Step bwd RF (5) Point to side LF (6) (***)Step bwd LF (7) Point to side RF (8)

(***) Ending

on count 7 : Step together while right hand up.

Submitted by dechryz@gmail.com