

# Bendera

拍数: 72                      墙数: 4                      级数: Phrased High Beginner  
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音乐: Bendera - Cokelat : (Album: Rasa Baru)



Sequence : AABB ABBC BBBB (24Count) ABBC BBB  
Intro : 32 count

## A : 16 Count

### Sec I : WALK FORWARD RLR KICK, WALK BACKWARDS RLR, TOUCH

1-2                      Step RF forward, step LF forward  
3-4                      Step RF forward, kick LF forward  
5-6                      Step LF backward, step RF backward  
7-8                      Step LF backward , touch RF next to LF

### Sec II : DIAGONAL FORWARD RL, DIAGONAL BACKWARD RL

1-2                      Step RF diagonal forward to R, touch LF next to RF  
3-4                      Step LF diagonal forward to L, touch RF next to LF  
5-6                      Step RF diagonal backward to LR touch LF next to RF  
7-8                      Step RF diagonal backward to L, touch RF next to LF

## B : 32 Count

### Sec I : SINGLE STEP RL, DOUBLE STEP R

1-2                      Step RF to R, touch LF next to RF  
3-4                      Step LF to L, touch RF next to LF  
5-6                      Step RF to R, close LF next to RF  
7-8                      Step RF to R, close LF next to RF

### Sec II : SINGLE STEP LR, DOUBLE STEP L

1-2                      Step LF to L, touch RF next to LF  
3-4                      Step RF to L, touch LF next to RF  
5-6                      Step LF to L, close RF next to LF  
7-8                      Step LF to L, close RF next to LF

### Sec III: V STEP, MONTEREY TURN 1/4R

1-2                      Step RF diagonal to R, Step LF diagonal to L  
3-4                      Step RF backward , close LF next to RF  
5-6                      Touch RF to R, Turn 1/4 R, close RF next to LF  
7-8                      Touch LF to L, close LF next to R

### Sec IV : TOUCH HEEL RL, HITCH RL

1-2.                      Touch R Heel , step RF in place  
3-4                      Touch L Heel , step LF in place  
5-6.                      Hitch RF , step RF in place  
7-8.                      Hitch LF , step LF in place

## C : 24 Count

### Sec I : CROSS ROCK, CHASSE RL

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, recover onto RF  
7&8                      Step LF to L, close RF next to LF, step LF to L

**Sec II : ROCKING CHAIR, STEP FORWARD, PIVOT TURN 1/2L, STOMP RL**

- 1-2 Rock RF forward, recover onto LF
- 3-4 Rock RF backward, recover onto LF
- 5-6 Step RF Forward, turn 1/2 L weigh on LF
- 7-8 Stomp RF Forward, stomp LF next to RF

**Sec III : ROCKING CHAIR, STEP FORWARD, PIVOT TURN 1/2L, STOMP RL**

- 1-2 Rock RF forward, recover onto LF
- 3-4 Rock RF backward, recover onto LF
- 5-6 Step RF Forward, turn 1/2 L weigh on LF
- 7-8 Stomp RF Forward, stomp LF next to RF

**FINISH, ENJOY☐**

**Last Update: 22 Aug 2022**

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