

Lupa Nama Ingat Rasa

COPPERKNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Improver
编舞者: Anna (INA) - August 2022
音乐: Lupa Nama Ingat Rasa - OKAAY



Restart I : On wall 3 (after 16 counts) - facing on 12 O'clock
Restart II : On wall 7 (after 16 counts) - facing on 03 O'clock
TAG I : 18 counts (after wall 5) - facing on 06 O'clock
TAG II : 14 counts (after wall 10) - facing on 06 O'clock

Starting dance - Intro Music on vocal 32 counts.

I. FORWARD ROCK (SWITCHED) - BACK LOCK

1 - 2 & Rock R forward, Recover on L, Close R together
3 - 4 Rock L forward, Recover on R
5 & 6 Step L backward, Lock R over L, Step L backward
7 & 8 Step R backward, Lock L over R, Step R backward

II. SIDE ROCK - CROSS SUFFLE - SIDE ROCK - SAILOR STEP

1 - 2 Rock L to left side, Recover on R
3 & 4 Cross L over right, Step R slightly to right side, Cross L over right
5 - 6 Rock R to right side, Recover on L
7 & 8 ½ Turn right Cross R behind left (facing on 06 O'clock), Close L beside right, Step R forward

III. BOTAFOGO - POINT - HOOK - FWD

1 & 2 Cross L over right, Step R to right side, Step L in place
3 & 4 Cross R over left, Step L to left side, Step R in place
5 - 6 Point forward on L, Point L to left side
7 - 8 Make ¼ Turn L with Hook on left (facing on 03 O'clock), Step L forward

IV. PIVOT WITH FLICK - KICK FWD - POINT - SWITCHED HEELS FWD - BIG STEP - TOUCH

1 - 2 Step R forward, Make ½ Turn L Step L forward with flick on right your foot (facing on 09 O'clock)
3 & 4 Kick R forward, Step R beside left, Point L to left side
5 & 6 & Touch L Heel forward, Step L beside right, Touch R Heel forward, Step R beside left
7 - 8 Big Step forward on L , Touch R beside left

TAG I : 18 Counts

I. FWD - CLOSE TOGETHER - SYNCHOPATED OUT & IN - SIDE & HIPS BUMB

1 - 2 Step R forward, Close L together
& 3 & 4 Step R to right side, Step L to right side, Step R back to center, Close L together
5 - 6 Step R to right side, Touch L to left side with Hip Bumps
7 - 8 Step L to left side, Touch R to right side with Hip Bumps

II. BALL CROSS - MODIFIED MONTEREY - TOUCH - SIDE & HIP BUMBS - FREE STYLE (HAND STYLE)

& 1 - 2 - 3 - 4 Close R beside left, Cross L over right, Point R to right side, Hold, ½ Turn R Touch R beside left
5 - 6 Step R to right side, Touch L to left side with Hip Bumps
7 - 8 Step L to left side, Touch R to right side with Hip Bumps
9 - 10 Free Style but you can move your hands or fingers freely follow the rhythm of the music
(count : 1 - 2)

And Restart again....

TAG II : 14 Counts

I. V - STEP - FWD - PIVOT - FWD - CLOSE TOGETHER

- 1 - 2 - 3 - 4 Step diagonal forward on R, Step diagonal forward on L, Step R back on right, Step L beside right (back to centre)
- 5 - 6 Step R forward, ½ Turn L Step L forward (facing on 12 O' clock)
- 7 - 8 Step R forward, Close L together

II. SIDE & HIP BUMPS - HIP ROLL

- 1 - 2 Step R to right side, Touch L to left side with Hip Bumps
- 3 - 4 Step L to left side, Touch R to right side with Hip Bumps
- 5 - 6 Step R in place and Touch L with Hip Roll in a circle from left to right, Step L in place and Touch R and weight on left

And Restart again...

Thank you☐☐

Enjoy your dance

For more info about step sheet & song, please contact :
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Last Update - 27 March 2023 - R1
