

Bugih Lamo

拍数: 88 墙数: 2 级数: Phrased Improver
编舞者: Helina Abhen (INA) & Armayeti (INA) - March 2023
音乐: Bugih Lamo - Kintani



Music intro 32 count. Intro dance 32 count

Sequence : intro dance – A B A B A B (48 count) B (16 count) TAG A B A B (32 count) ending 1 count touch to side with pose fancy forward

Intro Dance : 32 count

Sec 1: TOE STRUT R – L , ¼ TURN R, TOE STRUT R – L

1 – 4 Touch R toe fwd (1) close R beside L (2) touch L toe fwd (3) close L beside R (4)
5 – 8 turn ¼ to right, touch R toe fwd (5) close R beside L (6) touch L toe fwd (7) close L beside R (8)

Sec 2: REPEAT TO SEC 1

1 – 4 Touch R toe fwd (1) close R beside L (2) touch L toe fwd (3) close L beside R (4)
5 – 8 turn ¼ to right, touch R toe fwd (5) close R beside L (6) touch L toe fwd (7) close L beside R (8)

Sec 3: TURN ¼ TO RIGHT, CROSS OVER – HOLD – CROSS OVER – RECOVER

1 – 4 cross R over L (1) hold (2) step L to side (3) hold (4)
5 – 8 cross R over L (5) hold (6) step L to side (7) recover to R (8)

Sec 4: CROSS OVER – HOLD – CROSS OVER – CLOSE

1 – 4 cross L over R (1) hold (2) step R to side (3) hold (4)
5 – 8 cross L over R (5) hold (6) step R to side (7) close L beside R (8)

MAIN DANCE A – B

PART A : 36 count

Sec 1 : LINDY R – KICK BALL CHANGE 2x

1 & 2 step R to right (1) step L together to side R (&) step R to side (2)
3 – 4 cross L behind R (3) recover to R (4)
5 & 6 kick diagonal fwd on L (5) step L beside R (&) step in place on R (6)
7 & 8 kick diagonal fwd on L (7) step L beside R (&) step in place on R (8)

Sec 2 : LINDY L – KICK BALL CHANGE 2x

1 & 2 step L to left (1) step R together to side L (&) step L to side (2)
3 – 4 cross R behind L (3) recover to L (4)
5 & 6 kick diagonal fwd on R (5) step R beside L (&) step in place on L (6)
7 & 8 kick diagonal fwd on R (7) step R beside L (&) step in place on L (8)

Sec 3 & 4 : REPEAT TO SEC 1 & 2

Sec 5 : SIDE TOUCH

1 – 4 step R to right (1) touch L beside R (2) step L to left (3) touch R beside L (4)

PART B : 52 Count

Sec 1 : HEEL R DIAGONAL FWD 2x – TOUCH 2x – CROSS BEHIND – RECOVER – CHASSE

1 – 2 Heel R diagonal fwd (1) heel R diagonal fwd (2)
3 – 4 Toe touch R beside L (3) toe touch R beside L (4)
5 – 6 cross R behind L (5) recover to L (6)
7 & 8 step R side right (7) step together L beside R (&) step R to side right (8)

Sec 2 : HEEL L DIAGONAL FWD 2x – TOUCH 2x – CROSS BEHIND – RECOVER – CHASSE

- 1 – 2 Heel L diagonal fwd (1) heel L diagonal fwd (2)
- 3 – 4 Toe touch L beside R (3) toe touch L beside R (4)
- 5 – 6 cross L behind R (5) recover to R (6)
- 7 & 8 step L side left (7) step together R beside L (&) step L to side left (8)

Sec 3 : CROSS BEHIND – RECOVER – ROCK SIDE – RECOVER – CROSS OVER – SIDE TOUCH

- 1 – 2 Cross R behind L (1) rocover to L (2)
- 3 – 4 R rock side to right (3) recover to L (4)
- 5 – 6 cross R over L (5) side touch L to left (6)
- 7 – 8 Cross L over R (7) side touch R to right (8)

SEC 4 : JASS BOX TURN ¼ TO RIGHT – JASS BOX

- 1 – 2 Cross R over L (1) turn ¼ to right, step L backward (2)
- 3 – 4 step R to right side (3) step L fwd (4)
- 5 – 6 cross R over L (5) step L backward (6)
- 7 – 8 step R to right side (7) step L fwd (8)

Sec 5 : KICK HOOK – SHUFFLE FWD

- 1 – 2 Kick fwd R (1) bending knee and cross R heel over L (2)
- 3 & 4 step R fwd (3) step L beside R (&) step R fwd (4)
- 5 – 6 Kick fwd L (5) bending knee and cross L heel over R (6)
- 7 & 8 step L fwd (7) step R beside L (&) step L fwd (8)

Sec 6 : PIVOT ½ TURN LEFT – PIVOT ¼ TURN LEFT – ROCKING CHAIR

- 1 – 2 Step R fwd (1) turn ½ to left, L in place (2)
- 3 – 4 Step R fwd (3) turn ¼ to left, L in place (4)
- 5 – 6 rock R fwd (5) recover on L (6)
- 7 – 8 rock back on R (7) recover on L (8)

Sec 7 : SIDE BALL R - L

- 1 & 2 step R to side with jump slightly (1) step ball of L beside R (&) recover weight on R (2)
- 3 & 4 Step L to side with jump slightly (3) step ball of R beside L (&) recover weight on L (4)

TAG 4 count : SWAY R-L-R-L

RESTART ON WALL 3 AFTER 48 COUNT

TAG ON WALL 4 AFTER 16 COUNT PART B AND CONTINUE PART A

Happy dance & dancing with your heart

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Uni Elin 1 maret 2023
