

# Sudah Lupakan Saja

拍数: 48                      墙数: 1  
编舞者: Dian Rose (INA) - March 2023  
音乐: Cinta Semu - TOFU

级数: Phrased Beginner



Sequence: B A BB AA BBBB AA BBBB

Intro: 16 Count - Dance Starts on Vocals

## Part A (32 Count)

### A1. WALK – WALK – SIDE – RECOVER – FORWARD X2

- 1,2                      Walk Forward R (1), L (2)
- 3 & 4                      Rock R to R Side (3), Recover on L (&), Step Forward on R (4)
- 5,6                      Walk Forward L (5), R (6)
- 7 & 8                      Rock L to L Side (7), Recover on R (&), Step Forward on L (8)

### A2. SIDE – RECOVER – BEHIND SIDE CROSS – SIDE – RECOVER – ¼ L SAILOR STEP

- 1,2                      Rock R to R Side (1), Recover on L (2)
- 3 & 4                      Cross R Behind L (3), Step L to L Side (&), Cross R Over L (4)
- 5 – 8                      Cross R over L (5) , Side Step L to L (6) , Cross R over L (7), Point L to L (8)
- 6 & 8                      Step L Behind R (7), Step L to L Side (&), ¼ L Stepping L Forward (8)

### A3. SKATE – SKATE SHUFFLE R/L

- 1,2                      Skate R (1) – Skate L (2)
- 3 & 4                      Shuffle R-L-R Diagonal (3 & 4)
- 5,6                      Skate L (5) – Skate R (6)
- 7 & 8                      Shuffle R-L-R Diagonal (7 & 8)

### A4. ½ R MAMBO TURN – FORWARD – RECOVER – FUNKY SKATE X2 – COASTER STEP

- 1 & 2                      Rock R Forward (1), Recover on L (&), Turn ½ Stepping R Forward (2)
- 3,4                      Step L Forward (3), Recover on R (4)
- 5,6                      Step L Back & Lifting R Toe Up & Out (5), Step R Back & Lifting L Toe Up & Out (6)
- 7 & 8                      Step L Back (7), Step R Together (&). Step R Forward (8)

## Part B (16 Count)

### B1 BOTAFOGO – CROSS SHUFFLE – HIP BUMP – BEHIND SIDE CROSS

- 1 & 2                      Cross R Over L (1), Ball L to Side (&), Step L in Place (2)
- 3 & 4                      Cross L Over R (3), L to L Side (&), Cross L Over R (4)
- 5 & 6                      R Hip Bump (5), L Hip Bump (&), R Hip Bump (6)
- 7 & 8                      Cross R Behind L (7), Step L to L Side (&), Cross R Over (8)

### B2, HIP BUMP – SAILOR ¼ TURN LEFT – HEEL FORWARD

- 1 & 2                      L Hip Bump (1), R Hip Bump (&), L Hip Bump (2)
- 3 & 4                      Step L Behind R (3), Step L to L Side (&), ¼ L Stepping Forward (4)
- 5 & 6 &                      Touch R Heel Forward (5), Step R Next to L (&), Touch L Heel Forward (6), Step L Next to R (&)
- 7,8                      Step R Forward (7), Close L Together (8)

Happy Dancing!

Any queries about this dance please text me to: [dianrose\\_75@yahoo.com](mailto:dianrose_75@yahoo.com)