

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