

3 Daqat

拍数: 32 墙数: 4 级数: Beginner
编舞者: Anthony Kusanagi (INA) - April 2023
音乐: 3 Daqat (feat. Yousra) - Abu



NO TAG, NO RESTART

Start dancing after 64 counts since the music has begun.

I. SIDE STEP TO RIGHT WITH HIP ROLL ACTION – HIP BUMP – SIDE STEP TO LEFT WITH HIP ROLL ACTION – HIP BUMP

1-3 Rf step to right side(1), Lf step closed next to Rf (2), Rf step to right side(3)
4 make a two-ways bumpings on L hip(4)
5-7 Lf step to left side(5), Rf step closed next to Lf(6), Lf step to left side(7)
8 make a two-ways bumping on R hip(8)

Note: Dance the Counts 1-3 and 5-7 with Hip Swaying Action.

II. TURN ¼ TO RIGHT CROSSING SHUFFLE – TURN ½ TO LEFT CROSSING SHUFFLE

1-3 turn ¼ to right (03.00) then Rf crossed over Lf(1), Lf step to left side(2), Rf crossed over Lf(3)
4 hold(4)
5-7 turn ½ to left (09.00) then Lf crossed over Rf(5), Rf step to right side(6), Lf crossed over Rf(7)
8 hold(8)

Note: Optional Actions On Count 4 and 8, instead of doing a Hold only, you can add hip-bumping action as below:

4 hold while make a hipbumping action to right side(4)
8 hold while make a hipbumping action to left side(8)

III. FORWARD TOUCH – HIP ROLL – TURN ½ ARABIAN PADDLE

1 Rf touch forward on ball(1)
2-4 make clock-wise rolling on R hip 3(three) times(2-3-4)
5-6 Rf touch forward on ball then make a turn ¼ to left facing 06.00(5), recover to Lf(6)
7-8 Rf touch forward on ball then make a turn ¼ to left facing 03.00(7), recover to Lf(8)

IV. BACKWARD WALK WITH SHIMMY – FORWARD TOUCH – LEAN BACK – SHOULDER ROLL

1-4 backward walk with shimmies action on Rf(1), Lf(2), Rf(3), Lf(4)
5 Rf touch forward on toe(5)
6-8 hold while upper body lean backward and make shoulder rolls backward for 2(two), counts(6-7), upper body back to normal standing position while rolling the shoulder(8)

ENJOY THE DANCE

For more information, please contact me on:
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