

# Dholena

拍数: 48      墙数: 4      级数: High Beginner  
编舞者: Arisps (INA) - March 2023  
音乐: India Dholena - Dansa Porto, Fandho RMXR (Remix terbaru 2023)



**Restart : 1 (on wall 7, after 16 count) - No Tags**

**SECT : 1# VINE , ROCK SYNCOPATED - CROSS SHUFFLE - ROCK SYNCOPATED - CROSS SHUFFLE**

1 - 2            step RF to side, step LF behind cross RF  
3 - 4            step RF to side, cross LF fwd over RF, next to RF  
5 - 6            rock RF side, step LF in place  
7 - 8            Cross RF behind LF, Step LF to side, Cross RF over LF

**SECT : 2# VINE , ROCK SYNCOPATED - CROSS SHUFFLE - ROCK SYNCOPATED - CROSS SHUFFLE**

1 - 2            step RF to side, step LF behind cross RF  
3 - 4            step RF to side, cross LF fwd over RF, next to RF  
5 - 6            rock RF side, step LF in place  
7 - 8            Cross RF behind LF, Step LF to side, Cross RF over LF

**SECT : 3# MAMBO FWD AND BACK - SIDE MAMBO (R,L)**

1 - 2            touch RF fwd, close RF next to LF  
3 - 4            touch LF back, close LF next to RF  
5 - 6            step RF to side, recover on LF, close RF next to LF  
7 - 8            step LF to side, recover on RF, close LF next to RF

**SECT : 4# ¼ PADDLE TURN, JAZZ BOX**

1 - 2            step RF fwd, ¼ turn left change weight to LF  
3 & 4            step RF fwd, ¼ turn left change weight to LF  
5 - 6            ; cross RF over LF, step LF back  
7 - 8            step RF to side, close LF next to RF

**SECT : 5# SYNCOPATED WEAVE (R, L)**

1 - 2            cross RF over LF, step LF to side  
3 & 4            step RF diagonally back, close LF next to RF, step RF forward  
5 - 6            cross LF over RF, step RF to side  
7 & 8            step LF diagonally back, close RF next to RF, step LF forward

**SECT : 6# BOTA FOGO, LOCK SHUFFLE BACK, COSTER STEP**

1 & 2            cross RF over LF, step LF to side recover on RF  
3 & 4            cross LF over RF, step RF to side recover on LF  
5 & 6            step RF back lock LF forward RF, step RF back  
7 & 8            step LF back, close RF next to LF, step LF forward

**Last Update: 7 Apr 2023**