

Nuansa Bening

拍数: 48 墙数: 1 级数: High Improver
编舞者: Syafri's Fitri (INA) - August 2023
音乐: Nuansa Bening - VID1



RESTART : On Wall 2, 5, 7, 8, 9 After 16 C

I. SACHEE - LINDY STEP - KICK BALL CHANGE

1&2 Step RF to R, closed LF next to RF, step RF to R
3&4 Step LF to L, closed RF next to LF, step LF to L
5 6 Rock LF back, recover onto RF
7&8 Kick RF forward, step RF in place, closed LF next to RF

II. LOCK STEP FWD R/L - MAMBO CROSS R/L

1&2 Step RF forward, lock LF behind RF, step RF forward
3&4 Step LF forward, lock RF behind LF, step LF forward
5&6 Rock RF cross over LF, recover onto LF, step RF to R
7&8 Rock LF cross over RF, recover onto RF, step LF to L

In Here... Restart.... On Wall 2, 5, 7, 8, 9

III. SIDE ROCK - WEAVE - FWD ROCK - 1/2 TURN - FWD SHUFFLE

1 2 Rock RF to R, recover onto LF
3&4 Cross RF behind LF, step LF to L, cross RF over LF
5 6 Rock LF forward, recover onto RF
7&8 Turn 1/2 L stepping LF forward, close RF next to LF, step LF forward

IV. LINDY STEP R/L

1&2 Step RF to R, closed LF next to RF, step RF to R
3 4 Rock LF back, recover onto RF
5&6 Step LF to L, closed RF next to LF, step LF to L
7 8 Rock RF back, recover onto LF

V. KICK BALL CHANGE 2X - SCISSOR STEP R/L

1&2 Kick RF forward, step RF in place, closed LF next to RF
3&4 Kick LF forward, step LF in place, closed RF next to LF
5&6 Step RF to R, closed LF next to RF, cross RF over LF
7&8 Step LF to L, closed RF next to LF, cross LF over RF

VI. (FWD - SIDE POINT) R/L - PIVOT 1/2

1 2 Step RF forward, touch LF to L
3 4 Step LF forward, touch RF to R
5&6 Rock RF forward, recover onto LF, Turn 1/2 R stepping RF forward
7&8 Rock LF forward, recover onto RF, step LF forward

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