

Dilbara

拍数: 48 墙数: 2 级数: Phrased Easy Intermediate
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音乐: Dilbara - Ipsitaa, Aditya Dev & Rashmi Virag



Intro : 24

SEQUENCE : AA BB AA TAG A BB AA

PART A: 16c

SECTION A1 - BASIC VOLTA, ½ TURN L BASIC VOLTA

1&2& Cross R over L, Step L to side, cross R over L, step L to side
3&4 Cross R over L, step L to side, cross R over L
5&6& ½ turn L Cross L over R, Step R to side, cross L over R, step R to side
7&8 Cross L over R, step R to side, cross L over R

SECTION A2 - VOLTA FULL TURN R, OUT, OUT, BACK, TOUCH

1&2& ¼ turn R step R forward, Lock L behind R , ¼ turn R step R forward, Lock L behind R
3&4 ¼ turn R step R forward, Lock L behind R, ¼ turn R step right forward
5 - 8 Step L to side, step R to side, step L back to center, touch R next to L

PART B: 32c

SECTION B1 - SCUFF, OUT, OUT, HEEL IN AND DROP (R-L), TOUCH HITCH SIDE (R-L)

1&2 Scuff R forward, step R to side, step L to side
3&4& R heel in, drop R heel to the center, L heel in, drop L heel to the center
5&6 Touch R cross over L, hitch R, step R to side
7&8 Touch L cross over R, hitch L, step L to side

SECTION B2 - TOUCH, CLOSE, TOUCH, ROLLING VINE, SYNCOPATED JAZZBOX

1&2 Touch R to side, step R next to L, touch L to side
3&4 ¼ turn L step L forward, ½ turn L step R back, ¼ turn L step L to side
5&6 Cross R over L, step L back, step R to side
7&8 Cross L over R, step R back, step L to side

SECTION B3 - SIDE, TOUCH CROSS, ¼ L SAILOR STEP, FORWARD, ¾ R CHAINE, BIG SIDE, TOGETHER

1 - 2 Step R to side, touch L cross over R
3&4 ¼ turn L step L back, step R next to L, step L forward
5 - 8 Step R forward, ¾ turn R chaine, Big step R to side, step L next to R

SECTION B4 - CROSS SAMBA, TRIPLE STEP FULL TURN L, FORWARD MAMBO, BACK, TOUCH, HEEL OUT, HEEL BACK TO CENTER

1&2 Cross R over L, step L to side, recover on R
3&4 ½ turn L step L forward, ½ turn L step R next to L, Step L forward
5&6 Step R forward, recover on L, step R back
&7&8 Step L back, touch R forward, R heel out, R heel back to the center (with hip)

TAG (4 counts) :

1 - 4 Circle arms to sides bringing hands together in prayer position