

Smaradhana

拍数: 56 墙数: 0 级数: High Improver
编舞者: Syafri's Fitri (INA) - January 2024
音乐: Smaradhana - Chrisye



RESTART : On Wall 4... After 16 Count

I. GRAPEVINE - (POINT - CLOSE) 2X

1234 Step RF to R, cross LF behind RF, step RF to R, touch LF next to RF
5678 Point LF to L, touch LF next to RF, point LF to L, closed LF next to RF

II. GRAPEVINE - ROCKING CHAIR

1234 Step LF to L, ceoss RF behind LF, step LF to L, touch RF next to LF
5678 Rock RF forward, recover on LF, rock RF back, recover onto LF

***Here Restart...On Wall 4 - After 16 Count**

III. SHUFFLE FWD R/L - ROCK FWD - 1/2 TURN SHUFFLE FWD

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

IV. SHUFFLE FWD L/R- ROCK FWD, - 1/2 TURN SHUFFLE FWD

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

V. BOTAFOGO - ROLLING TURN

1 a2 Step RF over LF, rock L ball to L, recover onto RF
3 a4 Step LF over R, rock R ball to R, recover onto LF
5678 Turn 1/4 R stepping RF forward, turn 1/2R stepping LF forward, turn 1/4 R stepping RF to R, touch LF next to RF

VI. SAMBA WISK - ROLLING TURN

1 a2 Step LF to L, rock cross R ball behind LF, recover onto LF
3 a4 Step RF to R, rock cross L ball behind RF, recover onto RF
5678 Turn 1/4L stepping LF forward, turn 1/2L stepping RF forward, turn 1/4L stepping LF to L, touch RF next to LF

VII. HIP BUMP - SAILOR STEP (R/L) - 1/4TURN

1&2 Hip bump RF,LF, RF forward
3&4 Cross RF behind LF, rock LF to L, recover onto RF
5&6 Hip bump LF, RF,LF forward 7&8 Turn 1/4L crossing LF behind RF, rock RF to R, recover onto LF

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