

Benar Nyata

拍数: 32 墙数: 4
编舞者: Anna (INA) - March 2024
音乐: Benar Nyata - Nino & Nagita

级数: High Beginner / Improver



Starting Dance - Intro music on vocal after 16 counts.

SECTION I : SIDE - TURN ¼ R PIVOT - SAILOR STEP FWD - FWD LOCK SHUFFLE - MAMBO

- 1 - 2 Rock R to right side - Turn ¼ right Recover on L with sweeping on RF (facing on 03.00)
weight on left
- 3 & 4 Step R back - Step L together - Step R forward
- 5 & 6 Step L forward - Lock R behind L - Step L forward
- 7 & 8 Rock R forward - Recover on L - Step R back

SECTION II : COASTER STEP - DIAGONAL FWD LOCK SHUFFLE (R - L) - TURN ½ L PIVOT

- 1 & 2 Step L back - Step R together - Step L forward
- *=> Restart Here after 10 counts On Wall 5 (facing on 03.00)***
- 3 & 4 Step R diagonal forward - Lock L behind right - Step R diagonal forward
- 5 & 6 Step L diagonal forward - Lock R behind left - Step L diagonal
- 7 - 8 Step R forward - Turn ½ left Recover on L (facing on 09.00)

SECTION III : TURN ¼ L ROLLING FWD - BOTAFOGO - TURN ¼ L BOTAFOGO - KICK BALL POINT

- 1 - 2 Turn ½ left Stepping R back (facing on 03.00) - Turn ¼ left Step L to left side (facing on
12.00)
- 3 & 4 Cross R over L - Rock L to left side - Recover on R
- 5 & 6 :Turn ¼ left Cross L over R (facing on 09.00) - Rock R to right side - Recover on L
- 7 & 8 Kick R forward - Step R close - Touch L to left side

SECTION IV : CROSS SHUFFLE - SWAY (R-L) - TWICE SAILOR STEP

- 1 & 2 Cross L over R - Step R to right side slightly - Cross L over R
- *=> Restart Here : After 26 counts (On Wall 3, 7, 8 & 10)***
- 3 - 4 Sway on R - L
- 5 & 6 Cross R behind L - Close L beside R - Step R to right side
- 7 & 8 Cross L behind R - Close R beside L - Step L to left side

NOTE : RESTARTS -

- On Wall 3 (facing on 03.00) after 26 counts.
On Wall 5 (facing on 03.00) after 10 counts.
On Wall 7 (facing on 09.00) after 26 counts.
On Wall 8 (facing on 06.00) after 26 counts.
On Wall 10 (facing on 12.00) after 26 counts.

Thank you so much ☐

Enjoy you dance ☐☐

For more information about Step Sheets and Song, Please contact :
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