San Sanana



拍数: 64 墙数: 4 级数: Improver 编舞者: Vee Trias (INA) - May 2024 音乐: San Sanana - Anu Malik, Alka Yagnik & Hema Sardesai : (from "Asoka") Sequence: 48c - 64c - Tag (24c) - 64c - 20c *OPENING DANCE (option: free style)* *S1. STEP DIAGONAL FORWARD - TOGETHER - STEP DIAGONAL FORWARD- TOGETHER* 1-4 Step R diagonal forward, Step L together, Step R diagonal forward, L together 5-8 Step L diagonal forward, Step R together, Step L diagonal forward, Step R together *S2. STEP BACK - TOUCH* 1-4 Step R back, Touch L in place, Step L back, Touch R in place 5-8 Step R back, Touch L in place, Step L back, Touch R in place *S3. BACK ROCK, FORWARD LOCK SHUFFLE, FORWARD ROCK - COASTER STEP* 1-2 Rock R back, Recover on R 3-4 Step R forward, Lock L behind R, Step R forward 5-6 Rock L back, Recover on R 7&8 Step L back, R together, Step L forward *S4. PADDLE TURN 1/4 LEFT (4x)* Step R forward, ¼ Turn L with hip roll in transfer weight to L, Step R fwd, ¼ Turn L with hip roll in transfer weight to L 5-8 Step R forward, ¼ Turn L with hip roll in transfer weight to L, Step R fwd, ¼ Turn L with hip roll in transfer weight to L *S5. STEP FORWARD TOUCH - HOLD* 1-8 Touch R forward, Hold (Arm free style) *S6. HIPS BUMP* 1-4 Bump hips up, Bump hips down (weight on L) Bump hips up, Bump hips down (Weight on L) 5-8 Bump hips up, Bump hips down (weight on L), Bump hips up, Bump hips down (weight on L) *S7. HIPS BUMP* Repeat S6 1-8 *MAIN DANCE* *S1. TOE STRUTH TO SIDE - ROCK SIDE - RECOVER - CROSS - TOE STRUTH* 1-4 Touch R toe to side, Droop R heel in place, Touch L toe cross over R, Droop L heel in place 5-8 Rock R to side, Recover on L, Touch R toe cross over L, Droop R heel in place *S2. TOE STRUTH TO SIDE - ROCK SIDE - RECOVER - CROSS - TOE STRUTH* Touch L toe to side, Droop L heel in place, Touch R toe cross over L, Droop R heel in place 1-4 5-8 Rock L to side, Recover on R, Touch L toe cross over R, Droop L heel in place *S3. ROCK FORWARD - BACK LOCK SHUFFLE (RL) - BACK ROCK - RECOVER* 1-2 Rock R forward, Recover on L

S4. JAZZBOX TURN 1/4 RIGHT - STEP DIAGONAL FORWARD - TOUCH

Step R back, Lock L over R, Step R back

Step L back, Lock R over R, Step L back

Rock R back, Recover on L

3&4

5&6

7-8

S5. VINE I	RIGHT - ROLLING VINE FULL TURN LEFT
1-4	Step R to side, Cross L behind R, Step R to side, Touch L to side
5-8	Turn 1/4 left step L forward, Turn 1/2 left step R back, Turn 1/4 left step L to side, Touch R together
S6. V STE	P - SIDE - TOUCH BEHIND
1-4 5-8	Step R diagonal forward, Step L diagonal forward, Step R back to center, Step L together Step R to side, Touch L behind R, Step L to side, Touch R behind L
\$7 DIISH	HIPS DIAGONAL FORWARD - TOUCH
1-4	Push R diagonal forward, Bump hips to right, Bump hips to left weight on L, Bump hips to right, Touch L together
5-8	Push L diagonal forward, Bump hips to left, Bump hips to right weigh on R, Bump hips to left, Touch R togeter
S8. WALK	BACKWARD - SIDE MAMBO (RL)
1-4	Walk Back R-L-R, Step L together
5&6	Rock R to side, Recover on L, Step R together
7&8	Rock L to side, Recover on R, Step L together
TAG : 240	c, end of wall 2
S1. PIVOT	TURN ½ LEFT (2x)
1-4	Step R forward, Hold, Turn ½ left step L forward, Hold
5-8	Step R forward, Hold, Turn ½ left step L forward, Hold
S2. CROS	S MAMBO (RL)
1-4	Rock R to side, Recover on L, Cross R over L, Hold
5-8	Rock L to side, Recover on R, Cross L over R, Hold
S3. V STE	P
1-8	Step R diagonal forward, Hold, Step L diagonal forward, Hold, Step R back to center, Hold, Step L together, Hold

Cross R over L, Turn 1/4 right step L back, Step R to side, Cross L over R

Step R diagonal forward, Touch L together, Step L diagonal forward Touch R together

Have fun and happy dancing!

1-4

5-8