Ada Kamu

拍数: 96

级数: Phrased Beginner

编舞者: lin Setiaji (INA) - May 2024

音乐: Ada Kamu - Irianti Erningpraja

NO TAG NO RESTART SEQUENCES : AA BCB AA BC BC BC BC

Intro : 32 count. start dance on vocal

PART A (32 COUNTS)

S1 (STEP DIAGONAL FORWARD - CLOSE - STEP FORWARD DIAGONAL - CLOSE TOUCH) RL

- 1-2 Step R diagonal forward to right, Close L beside R
- 3-4 Step R diagonal forward to right, Close touch L beside R
- 5-6 Step L diagonal forward to left, Close R beside L
- 7-8 Step L diagonal forward to left, Close touch R beside L

S2 FISH TAIL 2X

- 1-2 Step R diagonal back to right, Close touch L beside R
- 3-4 Step L diagonal back to left, Close touch R beside L
- 5-6 Step R diagonal back to right, Close touch L beside R
- 7-8 Step L diagonal back to left, Close touch R beside L

S3 (FLICK OUT - CLOSE TOUCH - FLICK OUT - CLOSE) RL

- Quick kick out R backward with pointed toe and flexed knee, Close touch R beside L 1-2
- 3-4 Quick kick out R backward with pointed toe and flexed knee. Close R beside L
- 5-6 Quick kick out L backward with pointed toe and flexed knee, Close touch L beside R
- Quick kick out L backward with pointed toe and flexed knee, Close L beside R 7-8

S4 JAZZ BOX WITH TOE STRUTS

- 1-2 Cross touch R over L, Drop R heel in place
- 3-4 Touch L backward, Drop L heel in place
- 5-6 Touch R to side, Drop R heel in place
- 7-8 Touch L forward, Drop L heel in place

PART B (32 COUNTS)

S1 GRAPEVINE - MODIFIED GRAPEVINE

- 1-2 Step R to side, Cross L behind R
- 3-4 Step R to side, Close touch L beside R
- 5-6 Step L to side, Cross R behind L
- 7-8 1/4 Turn left step L forward (09:00), 1/4 Turn left close touch R beside L (06:00)

S2 GRAPEVINE - MODIFIED GRAPEVINE WITH BRUSH

- 1-2 Step R to side, Cross L behind R
- 3-4 Step R to side, Close touch L beside R
- 5-6 Step L to side, Cross R behind L
- 7-8 1/4 Turn left step L forward (03:00), 1/4 Turn left brush R forward (12:00)

S3 (TOE STRUTS IN PLACE) RL - ROCKING CHAIR

- 1-2 Touch R forward, Close R beside L
- 3-4 Touch L forward, Close L beside R





墙数:1

- 5-6 Step R forward, Recover on L
- 7-8 Step R backward, Recover on L

S4 (TOE STRUTS IN PLACE) RL - ROCKING CHAIR

- 1-2 Touch R forward, Close R beside L
- 3-4 Touch L forward, Close L beside R
- 5-6 Step R forward, Recover on L
- 7-8 Step R backward, Recover on L

PART C (32 COUNTS)

S1 STAND IN PLACE WHILE DOING BODY & ARMS MOVEMENTS

- 1&2 Open both arms while shaking shoulders
- 3-4 Point index fingers in front of eyes, hold
- 5&6 Open both arms while shaking shoulders
- 7-8 Both hands hold the chest, hold

S2 STAND IN PLACE WHILE DOING BODY & ARMS MOVEMENTS

- 1-2 Open both arms, hold
- 3-4-5-6-7-8 Point index fingers forward while shaking body flexibly to right and left

S3 STAND IN PLACE WHILE DOING BODY & ARMS MOVEMENTS

- 1&2 Open both arms while shaking shoulders
- 3-4 Point index fingers in front of lips, hold
- 5&6 Open both arms while shaking shoulders
- 7-8 Both hands hold the chest, hold

S4 STAND IN PLACE WHILE DOING BODY & ARMS MOVEMENTS

- 1-2 Open both arms, hold
- 3-4-5-6-7-8 Point index fingers forward while shaking body flexibly to right and left

REPEAT

Enjoy the dance

Email Address IIN Setiaji : saptri@yahoo.com