

Mere Mehboob Mere Sanam

COPPER KNOB
BY SHEETS

拍数: 40 墙数: 4 级数: Beginner
编舞者: Vee Trias (INA) - August 2024
音乐: Mere Mehboob Mere Sanam (From "Bad Newz") - Udit Narayan, Alka Yagnik,
Lijo George - Dj Chetas, Anu Malik & Javed Akhtar



Intro: 16c (Approximately 00:14)

Sequence: 20, 16, 20, 40, 32, 32, 32, 40, 40, 8

S1. DIAGONAL TOE TOUCH WITH HIPS BUMP - COASTER STEP - PUSH FORWARD WITH HIPS BUMP - COASTER STEP

1&2 Touch R diagonal forward with hips bump (up, down, up)
3&4 Step R back - Step L together - Step R forward
5-6 Push L forward and bump hips to left - Bump hips to right weight on R
7&8 Step L back - Step R together - Step L forward

S2. CROSS POINT (R&L), WALK BACK (R-L-R-TOGETHER)

1-4 Cross R over L - Touch L to side - Cross L over R - Touch R to side
5-8 Step R back - Step L back - Step R back - Step L together

S3. PIVOT ½ TURN LEFT, PIVOT ¼ TURN LEFT, CROSS TOUCH, SIDE, CROSS TOUCH, SIDE

1-4 Step R forward - ½ Turn left weight on L - Step R forward - ¼ Turn left weight on L
5-8 Touch R heel cross over L - Step R to side - Touch L heel cross over R - Step L to side

S4. CROSS SHUFFLE, CROSS SHUFFLE TURN ½ LEFT, SIDE MAMBO (R&L)

1&2 Cross R over L - Step L to side - Cross R over L
3&4 Turn ½ left cross L over R - Step R to side - Cross L over R
5&6 Rock R to side - Recover on L - Step R together
7&8 Rock L to side - Recover on R - Step L together

S5. V STEP, SIDE, TOUCH BEHIND

1-4 Step R diagonal forward - Step L diagonal forward - Step R back to center - Step L together
5-8 Step R to side - Touch L behind R - Step L to side - Touch R behind

Have fun and happy dancing!