

Balam Balam

拍数: 32 墙数: 4 级数: Beginner
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音乐: Balam - Balam (Minang Remix) - Onar Duan RMX & Blewun Audio



Intro 32 counts

****2 Tags (4C after wall 4 & 9)**

S1# WALK FWD – LOCK SHUFFLE FWD – HEEL TOUCH FWD – CLOSE TOUCH – HEEL TOUCH FWD – CLOSE TOUCH

1, 2 step RF fwd, step LF fwd
3&4 step RF fwd, lock LF behind RF, step RF fwd
5, 6 heel touch LF fwd, close touch LF next to RF
7, 8 heel touch LF fwd, close touch LF next to RF

S2# SHUFFLE BACK DIAGONALLY (R – L) – ¼ TO L JAZZ BOX WITH CLOSE TOUCH

1&2 step LF diagonally back, close RF next to LF, step LF diagonally back
3&4 step RF diagonally back, close LF next to RF, step RF diagonally back
5, 6 cross LF over RF, ¼ turn Left step RF back
7, 8 step LF to side, close touch RF next to LF

S3# FWD – TOGETHER – ¼ TO R SIDE – CLOSE TOUCH – ¼ TO L FWD – TOGETHER – ¼ TO L SIDE – CLOSE TOUCH

1, 2 step RF fwd, close LF next to RF
3, 4 ¼ turn Right step RF to side, close touch LF next to RF
5, 6 ¼ turn Left step LF fwd, close RF next to LF
7, 8 ¼ turn Left step LF to side, close touch RF next to LF

S4# CROSS ROCK – SIDE CHASSE – CROSS TOUCH – SIDE TOUCH – ¼ TO L COASTER STEPS

1, 2 cross RF over LF, recover on LF
3&4 step RF to side, close LF next to RF, step RF to side
5, 6 cross touch LF over RF, toe touch LF to side
7&8 ¼ turn Left step LF back, close RF next to LF, step LF fwd

TAG# ½ L PIVOT – ¼ L PIVOT (4 Counts after Wall 4 & 9))

1, 2 step RF fwd, ½ L step LF fwd
3, 4 step RF fwd, ¼ L step LF to side

REPEAT from the starts

Let's Get Sweaty, Healthy and Happy!

Best Regards

Herman Baso

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