

Ah Lan Na Cha

COPPER **NOB**
BY STEPHEN

拍数: 32 墙数: 4 级数: Improver
编舞者: Imam Wahyudi (INA) - October 2024
音乐: Ah Lan Na (阿蘭娜) - Huang Qing Yuen (黄清元)



Start on vocals - intro: 30 counts, 2x restart

SEC.I - PUSH, RECOVER WITH SWEEP, CROSS BEHIND, 1/4 TURN LEFT, TRIPLE 1/2 TURN LEFT, BACK ROCK

- 1- Push up RF toe fwd Right diagonal
- 2- Recover on LF while sweeping RF front to back
- 3- Cross RF behind LF
- 4- Step 1/4 turn Left stepping LF fwd
- 5- Make a 1/2 turn Left stepping RF back
- &- Step LF next to RF
- 6- Step RF back
- 7- Step LF back
- 8- Recover on RF

SEC.II - LOCK SHUFFLE FWD, CROSS ROCK, RECOVER, BACK LOCKSTEP RIGHT DIAG. BACK ROCK

- 1- Step LF fwd
- &- Lock RF behind LF
- 2- Step LF fwd
- 3- Cross RF over LF
- 4- Recover on LF
- 5- Step RF back Right diagonal
- &- Cross LF over RF
- 6- Step RF back Right diagonal
- 7- Step LF back (still diagonal)
- 8- Recover on RF

SEC.III - STEP FWD (10:30) SPIRAL 3/8 TURN RIGHT, STEP SIDE, CROSS SHUFFLE, SIDE ROCK, SAILOR STEP

- 1- Step LF fwd Left diagonal with spiral 3/8 turn Right
- 2- Step RF to Right side
- 3- Cross LF over RF
- &- Step RF to Right side
- 4- Cross LF over RF
- 5- Step RF to Right side
- 6- Recover on LF
- 7- Cross RF behind LF
- &- Step LF to Left side
- 8- Step RF to Right side (weight on RF)

SEC.IV - WALIK CIRCLE 1/2 TURN LEFT, SHUFFLE FWD, JAZZ BOX CROSS

- 1- Step 1/4 turn Left stepping LF fwd
- 2- Step 1/4 turn Left stepping RF fwd
- 3- Step LF fwd
- &- Step RF next to LF
- 4- Step LF fwd
- 5- Cross RF over LF
- 6- Step LF back

- 7- Step RF to Right side
- 8- Cross LF over RF (weight on LF)

Begin again!

***Restart on wall on wall 5 after 28 counts facing (3:00) & wall 7 after 28 counts facing (9:00)**

Finish: on the 14th wall (3:00) after 20 counts and follow the next step cross shuffle, STEP SIDE, TRIPLE STEP IN PLACE & POSE! (12:00)

Enjoy & have fun!

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