

Rekha

拍数: 32 墙数: 4 级数: Improver
编舞者: Angéline Fourmage (FR) - 6 January 2025
音乐: Rekha - DESI TRILL & Mumzy Stranger



Start: 0,8s. approximately, After the woman voice, On the lyrics with singer man

Sequence : A-A-16-A-A-A-A

[1-8] Walkx2, Mambo ½ R, Back ½ R, (option: walk back, walk back), Back, Coaster-Step

1-2 Walk FW: R, L
3&4 RF FW, Recover to LF, Make ½ R with RF FW
5-6 Make ½ R with LF Back, RF Back
7&8 LF Back, RF next to LF, LF FW

[9-16] Side, Sailor-Step ¼ L, Sweep, Sway, Sway, Scissor-Step

1-2& RF to the R side, Cross LF behind RF, Make ¼ L with RF Back
3-4 LF FW with R Sweep from back to the front, Cross RF over LF
5-6 LF to the L side with L Sway, R Sway
7&8 LF to the L side, Cross RF behind LF, Cross LF over RF

[17-24] Toe-Strut ¼ R, Toe-Strut ½ R, Rock-Step, V-Step

1-2 Make ¼ R with R Toe FW, Down your R Heel
3-4 Make ½ R with L Toe Back, Down your L Heel
5-6 RF Back, Recover to LF
&7&8 RF FW on R Diagonal, LF FW on L Diagonal, RF Back, LF next to RF

[25-32] Anchor-Step, Anchor-Step, Scissor-Step, Mambo, ¼ R, ½ R

1&2 RF behind LF, recover weight on LF, Recover weight on RF
3&4 LF behind RF, recover weight on RF, Recover weight on LF
5&6 RF to the R side, LF behind RF, Cross RF over LF
7&8 LF to the L side, recover to the RF with ¼ R, ½ R with LF Back (Finish weight is on LF)

For Level Beginner : Rekha EZ (Angéline FOURMAGE)

Smile et enjoy the dance
Contact: maellynedance@gmail.com

Last Update: 15 Jan 2025