

Lara

拍数: 32 墙数: 4 级数: High Beginner / Improver
编舞者: Liswati (INA), Theresia (INA), Dwi Kusumastuti (INA) & Bp. Suroto (INA) -
January 2025
音乐: Lara (Gimb Remix) - Selena Gomez, Alan Walker



Intro : 16 Count (approximately 00:10 secs)

*1X Restart on Wall 5 (after 16C)

S1. WALK FORWARD (R,L), BACKWARD TOUCH (R,L)

1-2 Step R forward - Step L forward
3-4 Step R forward - Close L together
5-6 Step R back - touch L in place
7-8 Step L back - touch R in place

S2. FORWARD ROCK , COASTER STEP, SIDE ROCK (L,R)

1-2 Rock R forward - Recover on L
3&4 Step R back - step L together - Step R forward
5-6& Rock L to side - Recover on R - Close L together
7-8 Rock R to side - Recover on L

S3 . TOUCH FORWARD, TOUCH SIDE, SAILOR ¼ TURN RIGHT, SIDE CHASSE, TOUCH FORWARD, TOUCH BACK

1-2 Touch R forward - Touch R to side
3&4 Step R behind L - Turn 1/4 right step L next to R - Step R forward
5&6 Step L to side - step R together - Step L to side
7-8 Touch R forward - Touch R back

S4. FORWARD SHUFFLE, ½ TURN RIGHT BACK SHUFFLE, BACK SHUFFLE, COASTER STEP

1&2 Step R forward - step L next to R - step R forward
3&4 ½ Turn right step L back - step R next to L - step L back
5&6 Step R back - step L next to R - step R back
7&8 Step L back - step R together - step L forward

Happy Dancing

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