

Bengawan Solo

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 1 级数: Beginner
编舞者: Chen Kuo-Wei (SG)
音乐: Bengawan Solo - Grace



"Bengawan Solo" is the Malay name of a river in Indonesia.

WALK FORWARD, TOUCH, WALK BACKWARD TOUCH

1-2 Walk left forward and right forward

Arms for ladies: touch right fingers on right shoulders and left hand on left hip. Sway right shoulder forward when left foot is forward and vice versa.

Arms for guys: left fist on left hip, palm of right hand covering left fist. Sway right shoulder forward when left foot is forward and vice versa

3-4 Left forward and touch right foot next to left (arms continue in same manner as above)

5-6 Step back on right foot, and step back on left foot (arms movements continue)

7-8 Step back on right, touch left toe to the front

On count 8, turn head, look back over right shoulder, right hand pick up "imaginary flowers", throw & smile! Weight on right foot, left knee slightly popped (attitude!)

RHUMBA BOX

1-2 Step left foot forward, hold

3-4 Step right foot to right side, step left next to right

5-6 Step right foot backwards, hold

7-8 Step left foot to left side, step right next to left

LEFT VINE TOUCH, RIGHT VINE TOUCH

1-2 Step left foot to left, cross right behind left

3-4 Step left foot to left, touch right foot next to left

Arms for ladies: bring both hands up to shoulder level and throw "flowers"

Arms for guys: bring both hands up to shoulder level throw "seeds!"

5-6 Step right foot to right side, cross left foot behind

7-8 Step right foot to right side, touch left foot next to right (arms movement: as above)

STEP ½ TURN RIGHT, SHUFFLE, STEP ½ TURN LEFT, SHUFFLE

1-2 Step left foot forward, ½ turn on right

3&4 Step left forward shuffle left, right, left

5-6 Step right foot forward, ½ turn on left

7&8 Step right forward shuffle right, left, right (facing original wall)

REPEAT