

Pernah Muda

拍数: 32 墙数: 4 级数: Improver
编舞者: Hasdi Riyadi & Wenarika Josephine (INA) - July 2010
音乐: Pernah Muda - Bunga Citra Lestari



Intro : 16 count

A. SIDE, TOGETHER – FORWARD, ¼ TURN LEFT SIDE – TOGETHER, SIDE

- 1 – 2 : Step LF to left – step RF together
- 3 – 4 : Step LF forward – turn ¼ left and step RF to right
- 5 – 6 : Step LF next to RF – step RF to right
- 7 & 8 : Cross rock LF over RF – recover on RF – step LF back

B. BACK ROCK – FORWARD , ½ TURN LEFT – KNEE BEND, KICK – CROSS SHUFFLE

- 1 – 2 : Rock RF back – recover on LF
- 3 – 4 : Step RF forward – turn ½ left (weight on RF)
- 5 – 6 : Slightly bend both knees, LF toe point forward – straighten RF up, kick LF forward
- 7 & 8 : Cross shuffle to right on : LF, RF, LF

C. CROSS, UNFWIND FULL TURN – HIP SWAYS

- 1 – 4 : Cross RF over LF and unwind full turn to left on 2 counts
- 5 – 8 : Step RF to right and sway hips to right, left, right, left

D. FORWARD & BACK CROSS, SIDE TOUCHES – FORWARD TOUCH, HOOK – FORWARD MAMBO

- 1 – 2 : Cross RF over LF – touch LF to left side
- 3 – 4 : Cross LF behind RF – touch RF to right side
- 5 – 6 : Touch RF toe forward – hook RF over LF
- 7 & 8 : Rock RF forward – recover on LF – step RF next to LF

TAG : At wall 7 finish the dance slower with the song and add :

- 1 - 4 : Cross LF in front RF, unwind full turn, ending weight RF. And start again.

REPEAT
