

Rashni

拍数: 32 墙数: 4 级数: Beginner
编舞者: Ria Vos (NL) - September 2010
音乐: My Name Is Rashni (Radio Edit) - Rashni : (CD: My Name Is Rashni)



Intro: 32 counts

Side, Together, Side Mambo, Side Mambo, Walk, Walk

1-2 Step R to Right Side, Step L Next to R
3&4 Rock R to Right Side, Recover on L, Step R Next to L
5&6 Rock L to Left Side, Recover on R, Step L Next to R
7-8 Walk Fwd R,L

Option Arms: When he sings : "My Name Is Rashni"

1 Both arms to the side elbows and wrists bend palms facing up
2 Hands in front of chest, palms together, fingers facing up.
3&4 Hands still together- Move upper body to R side, head stays in place
5&6 Hands still together- Move upper body to L side, head stays in place

Pivot ½ L, Cross Rock, Chasse ¼ Turn R, Step, Hook

1-2 Step Fwd on R, Pivot ½ Turn Left (6:00)
3-4 Cross Rock R Over L, Recover on L
5&6 Step R to Right Side, Step L Next to R, ¼ Turn Right Step Fwd on R (3:00)
7-8 Step Fwd on L, Hook R Behind L Knee

Option arms count 8: upper arms alongside the body, elbows bend, hands to the side, thumb and middle finger together on each hand.

Back, Back, Lock-Back-Lock, Back, Side, Cross Shuffle

1-2 Step Back on R, Step Back on L
3&4 Cross R Over L, Step on Ball of L Small Step Back, Cross R Over L

Note: count 2-4 are Traveling to L Back Diagonal

5-6 Step Back on L, Step R to Right Side
7&8 Cross L Over R, Step on Ball of R Small Step to Right Side, Cross L Over R

Side Rock ¼ Turn L, Side Rock ¼ Turn L, Jazz-Box- Cross

1-2 Rock R to Right Side, Sway Hips CCW ¼ Turn L Recover on L (6:00)
3-4 Rock R to Right Side, Sway Hips CCW ¼ Turn L Recover on L (9:00)
5-6 Cross R Over L, Step Back on L
7-8 Step R to Right Side, Cross L Over R

ENDING: To end facing front, dance upon count 12, then make the chasse without ¼ turn R, Cross L Over R, Hook R Behind L Knee with the optional arms from count 16