

Keong Racun

拍数: 40 墙数: 2 级数: Beginner
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音乐: Keong Racun - Lissa



Introduction – 34 counts (Start on Vocal)

Section I: CROSS ROCKING CHAIR – X2, SYNCOPATED SIDE STEP (with hips movement)

1&2 Cross R over L, Recover back onto L, Step back diagonally on R Recover onto L
3&4 Cross R over L, Recover back onto L, Touch R Beside L
5&6& Step R to right side, Step L together, Step R to right side, Step L together
7&8 Step R to right side, Step L together, Step R to right side

Section II: Repeat Section I with the opposite Foot work and direction

Section III: FORWARD WALK, FORWARD SHUFFLE – (X2)

1-2 Step forward on : R – L
3&4 Shuffle forward on : R, L, R
5-6 Step forward on : L – R
7&8 Shuffle forward on : L, R, L

Section IV: 1/4 JAZZ BOX – X2

1-2 Cross R over L – Step back on L turning 1/4 Right
3-4 Step R to right side – Close L beside R
5-6 Cross R over L – Step back on L turning 1/4 Right
7-8 Step R to right side – Close L beside R

Section V: KNEE POP, SIDE ROCK – TOGETHER – (X2)

Style : During Knee Pop – Bring up R & L Arms separated | Palm
Hands and Contra up in circular motion in & out twice,
Gradually in front of chest. (in – out – in – out)

1&2 Pop knees together to : right out – center – right out – center
3&4 Rock R to right side, Recover onto L, Close R together
5&6& Pop knees together to : left out – center – left out – center
7&8 Rock L to side, Recover onto R, Close L together

RESTARTS :

On Wall 2 & 6, Dance up to count 16

On Wall 4 & 8, Dance up to count 8