

Rasa Sayang

拍数: 112 墙数: 0 级数: Phrased High Improver
编舞者: Wendy Loh (MY) - December 2011
音乐: Rasa Sayang 2.0 by Namewee + Karen Kong



Sequence : A, B, C, A, B, B(2x8), C, A, Tag, B, A ,A

Don't worry about the sequence.. the music will tell the parts of the dance, just enjoy!

PART A : RASA SAYANG CHORUS

Section 1 : Step R, Ball of L beside R, Step R, Step L, Ball of R beside L, Step L

(Styling : Both arms extend out at the side, swing gently as in Sumazau Dance)

1&2 Step R to R (1), Step ball of L foot beside R (&), Step R together (2)
3&4 Step L to L (3), Step ball of R foot beside L (&), Step L together (4)
5&6 Repeat steps as 1&2
7&8 Repeat steps as 3&4

Section 2 : Step R, Ball of L beside R, Step R, Step L, Ball of R beside L, Step L

1&2 Step R to R (1), Step ball of L foot beside R (&), Step R together (2)

(Styling : Roll arms near Right ear [1:30])

3&4 Step L to L (3), Step ball of R foot beside L (&), Step L together (4)

(Styling : Roll arms near Left hip [7:30])

5&6 Repeat steps as 1&2

7&8 Repeat steps as 3&4

Section 3 : Full Turn on the spot to the R, then L

(Styling : Turn R : R arms out to R, L hand on chest ; Turn L : L arms out to L, R hand on chest as in Malay Dance)

1&2&& Step R to ¼ R (1), Ball Step L behind R (&), Step R to ¼ R (2), Ball Step L behind R (&)

3&4 Step R to ¼ R (3), Ball Step L behind R (&), Step R to ¼ R (4)

5&6&& Step L to ¼ L (5), Ball Step R behind L (&), Step L to ¼ L (6), Ball Step R behind L (&)

7&8 Step L to ¼ L (7), Ball Step R behind L (&), Step L to ¼ L (8)

Section 4 : Clap hands

1,2 Step R next to L & clap hands twice near your left hip (7:30)

3,4, Clap hands twice near your left ear (10:30)

5,6 Clap hands twice near your right ear (1:30)

7,8 Clap hands twice near your right hip (4:30)

PART B : NAMEWEE'S RAPPING

Section 5 : Walk RL, Jumping Jacks with legs apart first, Knee Pop R,L

1,2 Walk R,L

3&4 Jump with both feet apart (3), Jump & cross both legs (&), Jump with both feet apart (4) *

5,6 Move R knee in towards L (5), Move R knee out back to R (6)

7,8 Move L knee in towards R (7), Move L knee out back to L (8)

*Easier option :

3-4 Step R diagonally forward (3), Step L to side (4)

Section 6 : Step, Together, Step, Side, Cross Touch, Side, Arms, Bend body

&1,2 on Ball of R (&), Step L to ¼ L (1), Step R next to L turn ¼ R (2), **

3,4 Step L to ¼ L (3), Step R to R turn ¼ R (4) **

5,6 Touch R across L (5), Step R to R (6)

7,8 Both arms extend out to the side (7), Bend down turn towards ¼ L (8)

**Easier option :

&1,2 on Ball of R (&), Step L to L (1), Step R beside L (2),
3,4 Step L to L (3), Step R to R (4)

Section 7 : Turn ¼ R Point finger 2x, Walk, Step, Jump 2x, Arms movement

1,2 Step L next to R turn ¼ R & point R index finger towards L (1), point L index finger towards R (2)
3,4 Step R forward (3), Step L next to R (4)
5,6 Jump with both feet apart, hands open at the side (5), Jump with feet together (6)
7,8 Sway R arm towards chest (7), sway L arm towards chest & place on top of R arm (8)

Section 8 : Walk, Bounce back 2x, Bounce Side 2x

1,2,3,4, Turn to L and walk back LRLR in circle and facing front again
5,6 Step R back and bounce twice with arms folded at chest
7,8 Step L to L and bounce twice with R index finger pointing upwards

Section 9 : Scuff, Hitch, Step, Body Roll down L, R, Touch floor, Knee pop back 2x

1&2 Scuff R foot (1), Hitch R (&), Step R to R (2)
3&4 Body roll to L (3), Body roll to R (&), Bend & Touch floor with R hand (4) ***
5,6 Move body up again (5) Step R back and pop L knee (6)
7,8 Roll L shoulder back (7), Step L back and pop R knee (8)

*****Easier option :**

3&4 Push R shoulder to R (3), Push L Shoulder to L (&), Push R shoulder to R (4)

Section 10 : Samba Steps 2x, Knee pop back 2x

1&2 Cross R over L (1), On ball of L beside R (&) Step R beside L (2)
3&4 Cross L over R (3), On ball of R beside L (&) Step L beside R (4)
5,6 Roll R shoulder back (5) Step R back and pop L knee (6)
7,8 Roll L shoulder back (7), Step L back and pop R knee (8)

PART C : KAREN KONG SINGS

Section 11 : Shuffle forward, Step, ½ Pivot 2x

1&2 Shuffle forward RLR
3,4 Step L forward (3), Turn ½ R (4)
5&6 Shuffle forward LRL
7,8 Step R forward (7), Turn ½ L (8)

Section 12 : Jazz Box, Hip bumps

1,2 Cross R over L (1), Step back L (2)
3,4 Step R to R (3), Cross L over R (4)
5,6 Step R to R & hip bump to R (5), Hip bump to L (6)
7,8 Hip bump R,L

Section 13 : Rolling Vines 2x

1-3 Step R forward ¼ R, Step back L turning ½ R, Step R turning ¼ R
4 Touch L To L
5-7 Step L forward ¼ L, step back R turning ½ L, Step L turning ¼ L
8 Touch R beside L

Section 14 : Step Touch 2x, Hop 4x

1,2 Step R to R, both hands above head, depict roof of home (1), Touch L next to R (2)
3,4 Step L to L, both hands down at side (3), Touch R next to L (4)
5,6,7,8 Hop 4x with feet together, arms swing up, middle, up, middle.

(Easier option : Bend & straighten knees slightly instead of hop)

Tag : Rocking Chair

1,2 Rock R forward, Recover on L

3,4 Rock R back, Recover on L

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