

Belly Pop

拍数: 64 墙数: 2 级数: Phrased Intermediate
编舞者: Arefen Ben Djunaed (INA) - November 2012
音乐: Matrohsh Baeed by Latifa



Section A; 32 Counts, Section B; 32 Counts

Start Dancing after 36 counts from vocal

Sequence : A, B, B, B, B, B, Tag 1, B, A, B, A, B, Tag 2, B, Tag 1, B, B, Ending.

A. Belly Dance Movement

I. Double Sway Step, Rocking Chair and Shimmy

- 1-2 Step R to side, sway R hip - Together L to R, sway L hip (option: without sway)
- 3-4 Step R to side, sway R hip - Touch L beside R (option: without sway)
- 5-6 Rock L forward, shake both shoulders – Recover on R, shake both shoulders
- 7-8 Rock L back, shake both shoulders – Recover on R, shake both shoulders

II. Double Sway Step, Rocking Chair and Shimmy, Touch

- 1-2 Step L to side, sway L hip - Together R to L, sway L hip (option: without sway)
- 3-4 Step L to side, sway L hip - Touch R beside L (option: without sway)
- 5-6 Rock R forward, shake both shoulders – Recover on L, shake both shoulders
- 7-8 Rock R back, shake both shoulders – Touch L beside R

III. Paddle Bump

- 1&2 Turn ¼ to right, touch L beside, bumping hip up – Pull hip down – Bumping hip up
- 3-4 Turn ¼ to right, touch L beside, bumping hip up – Pull hip down
- 5&6 Turn ¼ to right, touch L beside, bumping hip up – Pull hip down – Bumping hip up
- 7-8 Turn ¼ to right, touch L beside, bumping hip up – Drop L (weight on L)

IV. Rocking Touch, Hip Bumps, Forward Touch with Hip Bumps

- 1-2 Touch R forward, bumping R hip – Bumping L hip (weight on L) (option: without hip bump)
- 3-4 Touch R back, bumping R hip – Bumping L hip (weight on L) (option: without hip bump)
- 5-6 Step R forward (ban knee) – Touch L beside, bumping L hip
- 7-8 Step L forward (ban knee) – Touch R beside, bumping R hip

B. Funky Dance

I. Bota fogo 2x, Rocking Chair, Rock Recover, Long Back Step

- 1a2 Cross R over L – Ball L to side – Step R in place
- 3a4 Cross L over R – Ball R to side – Step L in place
- 5&6& Rock R forward – Recover on L – Rock R back – Recover on L
- 7&8 Rock R forward – Recover on L – Long Back Step on R

II. Coaster Step, Kick Ball Forward, Touch, Side, Cross Back Touch, Touch Side

- 1&2 Step L back – Together on R – Step L forward
- 3&4-5 Kick R forward – Ball R back – Long step forward on L – Touch R beside L
- 6 Step R to side
- 7-8 Cross touch L behind R – Touch L to side

III. Sailor Turn, Rock Recover, Long Back Step, Coaster Step, Lock Shuffle

- 1&2 Sweep L behind – Step R to side – Step L forward
- 3&4 Step R forward – Recover on L – Back Long Step on R
- 5&6 Step L back – Together on R – Step L forward
- 7&8 Step R forward – Lock L over R – Step R forward

IV. Forward, Turn, Cross Shuffle, Sway

- 1-2 Step L forward – Step R forward
- 3 Turn ¼ to left move weight to L
- 4&5 Cross R over L – Step L side slightly – Cross R over L
- 6-7-8 Step L to side, sway hips on L – R – L

Tag : After section B on 5th Wall and after section A on 8th wall, do this tag!

Hips Sway Down, Hips Rool, Shimmy

- 1-2-3-4 Sway Hips from up to down on R – L – R – L
- 5-6 Roll Hips to left
- 7-8 Shake Shoulders

After section B on 8th wall, do this long tag!

- 1-4 Drag R to side – Touch L beside R
- &5-8 Turn ¼ left – Drag L to side – Touch R beside L
- &1-4 Turn ¼ left – Drag R to side – Touch L beside R
- &5-8 Turn ¼ left – Drag L to side – Touch R beside L
- &1-4 Turn ¼ right – Drag R to side – Touch L beside R
- &5-8 Turn ¼ right – Drag L to side – Touch R beside L
- &1-4 Turn ¼ right – Drag R to side – Touch L beside R
- 5-6-7-8 Hold – Hold – Switching Touch L to R - Hold

Ending

- 1-2 Step R forward – Step L forward
- 3-4 Step R forward – Turn ½ left (weight move to left)
- 5 Touch R in front of L

The Universal Line Dance Jakarta - Indonesia

Divisi Pendidikan, Pelatihan, dan Pengembangan The Universal Line Dance

Contact: ben.djunaed@gmail.com

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