

# Bareh Solok

拍数: 64      墙数: 4      级数: Easy Intermediate  
编舞者: Mei Rizal (INA) - November 2013  
音乐: Indonesian Folk Song - Bareh Solok



## Intro - 40 count

### I. □HEEL DIAGONALLY FORWARD, TOUCH REPLACE, 2x, TWIST

1-4            R Heel diagonally forward, R touch beside L, repeat.  
5-6            Twist both heels to right, Twist both toes to right  
7-8            Twist both heels to right, Twist both toes to centre

### II. □HEEL DIAGONALLY FORWARD, TOUCH REPLACE, 2x, TWIST

1-4            L Heel diagonally forward, L touch beside R, repeat.  
5-6            Twist both heels to left, Twist both toes to left.  
7-8            Twist both heels to left, Twist both toes to centre

### III. □SHUFFLE FORWARD, ROCK FORWARD, RECOVER, ½ TURN RIGHT SHUFFLE

1&2            Shuffle Forward on R-L-R  
3&4            Shuffle Forward on L-R-L  
5 , 6            Step R forward, recover on L  
7&8            Turning ½ right & shuffle forward on R-L-R.

### IV. □ SHUFFLE FORWARD, ROCK FORWARD, RECOVER, ½ TURN RIGHT SHUFFLE

1&2            Shuffle Forward on L-R-L  
3&4            Shuffle Forward on R-L-R  
5 , 6            Step L forward, recover on R  
7&8            Turning ½ left & shuffle forward on L-R-L.

### V. □ROCK SIDE, RECOVER, KICK FORWARD, CROSS OVER, REVERSE.

1-4            Rock R to right side, recover on L, kick R forward, cross R over L.  
5-8            Rock L to left side, recover on R, kick L forward, cross L over R.

### VI. □¼ TURN RIGHT SHUFFLE FORWARD, ½ TURN RIGHT SHUFFLE BACK, ¼ TURN RIGHT ROCK SIDE, RECOVER, CROSS SHUFFLE.

1&2            ¼ turn right shuffle forward on R-L-R  
3&4            ½ turn right shuffle back on L-R-L  
5 , 6            ¼ turn right rock R to right side, recover on L  
7&8            Cross shuffle on R-L-R.

### VII. □STEP, CLOSE, STEP, TOUCH, STEP, TOUCH, STEP, TOUCH.

1-4            Step L to left side, close R beside L, step L to left side, touch R beside L  
5-8            Step R to right side, touch L beside R, step L to left side, touch R beside L

### VIII. STEP FORWARD, ¼ TURN LEFT, CROSS SHUFFLE, ROCK SIDE, RECOVER, CROSS SHUFFLE.

1 , 2            Step R forward, ¼ turn left step L on place  
3&4            Cross shuffle on R-L-R  
5 , 6            Rock L to left side, recover on R  
7&8            Cross shuffle on L-R-L.

**TAG & RESTART on Wall 4 after count 35, do the Tag (1 count) and start again**  
**Tag : After kick R forward (count 35), touch R beside L (1) and Restart**

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