Rindu



拍数: 64 墙数: 2 级数: Improver

编舞者: Roosamekto Mamek (INA) & Ayu Permana (INA) - December 2013

音乐: Basah Hatiku (feat. Obbie Messakh) - Anis Marsela



Alternative music: Rindu by Ria Amelia It can be danced with any Dangdut Rhythm

STEP DIAGONALLY FORWARD, LOCK BEHIND, STEP DIAGONALLY FORWARD, TOUCH

Step R diagonally forward – Lock L behind R – Step R diagonally forward – Touch L beside R
Step L diagonally forward – Lock R behind L – Step L diagonally forward – Touch R beside L

ROCKING CHAIRS, PADDLE TURN 1/4 LEFT 2X

1-4 Rock R forward – Recover on L – Rock R back – Recover on L
5-8 Step R forward – Pivot turn ¼ left – Step R forward – Pivot turn ¼ left

STEP DIAGONALLY FORWARD, LOCK BEHIND, STEP DIAGONALLY FORWARD, TOUCH

Step R diagonally forward – Lock L behind R – Step R diagonally forward – Touch L beside R
Step L diagonally forward – Lock R behind L – Step L diagonally forward – Touch R beside L

ROCKING CHAIRS, PADDLE TURN 1/4 LEFT 2X

1-4 Rock R forward – Recover on L – Rock R back – Recover on L
5-8 Step R forward – Pivot turn ¼ left – Step R forward – Pivot turn ¼ left

SIDE, BEHIND, SIDE, KICK

Step R to side – Cross L behind R – Step R to side – Low kick L diagonally forward
Step L to side – Cross R behind L – Step L to side – Low kick R diagonally forward

BACK MAMBO WITH FLICK, FORWARD MAMBO, HOLD

1-4 Rock R back – Recover on L – Step R forward – Flick L back

5-8 Rock L forward – Recover on R – Step L back – Hold

SAILOR STEP TURN 1/4 RIGHT, RECOVER WITH HIPS BUMP, MAMBO TURN 1/4 RIGHT, FLICK

1-4 Sweep and step R behind L – Turn ¼ right step L to side – Rock R to side with hips bump –

Recover on L with hips bump

5-8 Rock R forward – Recover on L – Turn ¼ right step R to side – Flick L back

JAZZ BOX WITH FLICK, HIPS BUMPS

1-4 Cross L over R – Step R back – Step L to side – Flick R back

5-8 Touch R toe diagonally forward bumping hips forward – back – forward – back (body angle

slightly to left diagonal and weight is on L)

REPEAT

Contacts:-

Roosamekto.Nugroho@gmail.com permanaayu@yahoo.com