

Sai Anju Ma Au

拍数: 40 墙数: 2 级数: Easy Intermediate
编舞者: Erna Chondjari (INA) & Wenarika Josephine (INA) - December 2013
音乐: Sai Anju Ma Au by Viktor Hutabarat



After 16 counts intro music, do the 28 counts intro dance

INTRO DANCE :

Forward cross touch, back cross touch, left full unwind

- 1 – 4 Cross R over L – touch L to side – cross L over R – touch R to side
- 5 – 8 Repeat 1-4
- 9 – 16 Cross R behind L – touch L to side – cross L behind R – touch R to side
- 17-24 Repeat 9-16
- 25-28 Cross R over L unwind full turn left in 4 counts

Start the dance !

A: LONG STEP SIDE, BEHIND SIDE, CROSS ROCK, ½ TURN LEFT, BEHIND SIDE, SWEEP, CROSS OVER, SIDE

- 1 – 2& Long step R to side – step L behind R – step R to side
- 3 – 4& Rock L across R – recover on R – turn ¼ left step L forward
- 5 – 6& Turn ¼ left and Long step R to side – step L behind R – step R to side (6.00)
- 7 – 8& Cross L over R sweeping R to front – cross R over L – step L to side

B: BACK ROCK (2X) , FORWARD SHUFFLE , ½ RIGHT MAMBO TURN , RUMBA BOX (HALF PART)

- 1 – 3 Rock R back drag L toe in – Rock L forward – Rock R back drag L toe in
- 4 & 5 Forward shuffle stepping L,R,L
- 6 & 7 Rock R forward – recover on L – turn ½ right step R forward (12.00)
- 8 & 1 Step L to side – close R beside L – step L forward

C: RUMBA BOX (HALF PART) , SWAY HIPS , ¼ TURN RIGHT , PIVOT ½ RIGHT

- 2 & 3 Step R to side – close L beside R – step R back
- 4 – 6 Step L to side and sway hips to left – right – left
- 7 – 8& Turn ¼ right step on R – step L forward – pivot ½ right

D: ¼ RIGHT TURN, LEFT BASIC NC , RIGHT BASIC NC , SIDE STEP , BACK MAMBO , ½ RIGHT TURN MAMBO

- 1 – 2& ¼ turn right step L to side – cross rock R behind L – recover on L (12.00)
- 3 – 4& Step R to side – cross rock L behind R – recover on R
- 5 Step L to side
- 6 & 7 Rock R back – recover on L – step R forward
- 8 & 1 Rock L forward – turn ½ right recover on R – step L forward (6.00)

E: FULL LEFT TURN , ROCKING CHAIR , SWAY HIPS.

- 2 & 3 Turn ½ left step R back – turn ½ left step L forward – step R forward
- 4&5& Rock L forward – recover on R – rock L back – recover on R
- 6 – 8 Step L to side sway hips to left – right – left

Start again .

Restart : on wall 4 (facing back) . Dance up to 12 counts , on section B count 4 step L forward, then Restart (facing front)

Tag : after wall 5 (facing back). Do the 8 counts tag, then Restart facing front.

RIGHT NC , LEFT NC, ½ TURN LEFT, RIGHT NC, LEFT NC

1 – 2& Step R to side – cross rock L behind R – recover on R (6.00)

3 – 4& Step L to side – cross R behind L – turn ¼ left step on L

5 – 6& ¼ turn left step R to side – cross rock L behind R – recover on R (12.00)

7 – 8& Step L to side – cross rock R behind L – recover on L

Ending : on wall 8 (facing front), dance up to section D ending on count 8 by touching L toe beside R.

Enjoy the dance and the music.

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