

Seperti Mati Lampu

拍數: 32 牆數: 2 級數: Beginner
編舞者: Muki Matohir Royal (INA) - February 2014
音樂: Seperti Mati Lampu by Nazar



Intro, Count : 64 - Start On Lirik "Janganlah"

S1. □□ ROCKING CHAIR L FORWARD, ROCKING CHAIR R BACKWARD

1&2&3&4 - □step L fwd, recover on R, step L back, recover on R, step L fwd, recover on R, step L back

5&6&7&8 - □step R back , recover on L fwd, recover on L, step R back, recover on L, step R fwd

S2. □□ STEP L FORWARD, ½ TURN RIGHT, STEP R FORWARD, ¼ TURN RIGHT HIP BUMP FORWARD,

1&2 - □step L fwd, recover, turn ½ right step L fwd – (06.00)

3&4 - □step R fwd, recover, turn ¼ right step R to side – (09.00)

5&6 - □step L fwd, bump hips on L, bump hips back on R, bump hips on L

7&8 - □step R fwd bump hips on R, bump hips back on L, bump hips on R

S3. □□ SYNCOPATED CROSS LEFT, SYNCOPATED CROSS RIGHT

1&2&3&4 - □cross L over R, step R to side, cross L over R, step R to side, cross L over R to side, cross L over R

5&6&7&8 - □cross R over L, step L to side, cross R over L, step L to side, cross R over L, step L to side, cross R over L

S4. □□ TURN ¼ LEFT JAZZ BOX-JAZZ BOX, BOTA FOGO

1&2 - □cross L over R, turn ¼ left step R back, step L to side

3&4 - □cross R over L, step L back, step R to side

5&6 - □cross L over R, rock R to side, recover on L

7&8 - □cross R over L, rock L to side, recover on R

TAG : 1 □□ WALL : 3.4.5 (12.00, 06.00, 12.00)

SIDE MAMBO LEFT – SIDE MAMBO RIGHT

1&2 - □step L to side, recover on R, step L beside R

3&4 - □step R to side, recover on L, step R to beside L

TAG : 2 □WALL : 6 (06.00)

FORWARD MAMBO LEFT, BACKWARD MAMBO RIGHT, SIDE MAMBO LEFT, SIDE MAMBO RIGHT (2x)

1&2 - □step L forward, recover on R, step L together R

3&4 - □step R backward, recover on L, step R together L

5&6 - □step L to side, recover on R, step L together R

7&8 - □step R to side, recover on L, step R together L

ENDING:-

STEP L FORWARD, CROSS, UNWIND ½ TURN LEFT

1-2 - □step L forward, cross step R over L

3-4 - □unwind ½ turn left

Contact: muki_dans@yahoo.co.id