

Rena

拍數: 64 牆數: 4 級數: Improver
編舞者: Roosamekto Mamek (INA) - May 2015
音樂: Rena by Boy Shandy



Intro: 68 count (on vocals Rena ... Rena ... Rena)

S1: WALK BACK R-L-R, TOUCH, FORWARD, TOGETHER, FORWARD, TOUCH

1-4 Step R back – Step L back – Step R back – Touch L beside R (12:00)
5-8 Step L forward – Step R together – Step L forward – Touch R beside L (12:00)

S2: SIDE, TOGETHER, SIDE, TOUCH

1-4 Step R to side – Step L together – Step R to side – Touch L beside R
5-8 Step L to side – Step R together – Step L to side – Touch R beside L (12:00)

S3: BACK ROCKING CHAIRS

1-4 Rock R back – Recover on L – Rock R forward – Recover on L
5-8 Rock R back – Recover on L – Rock R forward – Recover on L (12:00)

S4: BOX STEP

1-4 Step R to side – Step L together – Step R forward - Hold
5-8 Step L to side – Step R together – Step L back – Hold (12:00)

S5: SLOW COASTER STEP, HOLD, SLOW FORWARD MAMBO, HOLD

1-4 Step R back – Step L together – Step R forward - Hold
5-8 Rock L forward – Recover on R – Step L back – Hold (12:00)

S6: BACK, TOUCH, FORWARD WITH 1/8 TURN LEFT, TOUCH, BACK, TOUCH, FORWARD WITH 1/8 TURN LEFT, BRUSH

1-4 Step R back – Touch L beside R – Turn 1/8 left step L forward – Touch R beside L
5-8 Step R back – Touch L beside R – Turn 1/8 left step L forward – Brush R beside L (09:00)

S7: WALK FORWARD R-L-R, TOUCH, WALK BACK L-R-L, TOUCH

1-4 Step R forward – Step L forward – Step R forward – Touch L beside R
5-8 Step L back – Step R back – Step L back – Touch R beside L (09:00)

S8: STEP BACK WITH HIPS BUMP, HIPS BUMPS, HOLD

1-4 Step R back and bump hips back – Bump hips forward – Bump hips back - Hold
5-8 Step L back and bump hips back – Bump hips forward – Bump hips back – Hold (09:00)

REPEAT

For Song & Step Sheet please contact: Roosamekto.Nugroho@gmail.com