

# 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](mailto:Roosamekto.Nugroho@gmail.com)