

Malam Bainai (Sumatra Barat)

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拍數: 32 牆數: 4 級數: Beginner Cha Cha
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音樂: Malam Bainai - Indonesian Folksongs



Intro: 64 count (Free style)

I. □ STEP FORWARD, STEP BEHIND, FORWARD LOCK SHUFFLE, ROCK FORWARD, RECOVER, ½ TURN WITH SHUFFLE

1 , 2 Step R forward, step L behind R
3&4 Step R forward, step L behind R, step R forward
5 , 6 Rock forward on L, recover on R
7&8 ¼ turn left step L to left side, step R together, ¼ turn left step R forward

II. □ STEP FORWARD, STEP BEHIND, FORWARD LOCK SHUFFLE, ROCK FORWARD, RECOVER, ¼ TURN, CHASSE

1 , 2 Step R forward, step L behind R
3&4 Step R forward, step L behind R, step R forward
5 , 6 Rock forward on L, recover on R
7&8 ¼ turn left chasse on L-R-L

III. □ STEP FORWARD, POINT TOUCH TO SIDE, ROCK FORWARD RECOVER, ½ TURN SHUFFLE.

1 , 2 Step R forward, point touch L to left side
3 , 4 Step L forward, point touch R to right side
5 , 6 Rock R forward, recover on L
7&8 ½ turn right shuffle on R-L-R.

IV. □ ROCKING CHAIR, PIVOT ½ TURN, SHUFFLE FORWARD

1 , 2 Rock L forward, recover on R
3 , 4 Rock L back, recover on R
5 , 6 Rock L forward, ½ turn right step on R
7&8 Shuffle forward on L-R-L.

START AGAIN

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