

Sayawan Na!

拍數: 64 牆數: 4 級數: Beginner
編舞者: Noel Gamboa (USA) - August 2016
音樂: Sayawan Na! - Noel Gamboa : (Album: Pinoy Dance Mix)



Start on lyrics.

Sec 1: FORWARD ROCK, SHUFFLE, BACK ROCK, SHUFFLE

1-2 Rock L forward, recover to R
3&4 Shuffle back LRL
5-6 Rock R back recover to L
7&8 Shuffle forward RLR

Sec 2: FORWARD ROCK, SHUFFLE, BACK ROCK, SHUFFLE

1-8 Repeat steps 1-8, Sec 1

Sec 3: STEP-TURN, SHUFFLE, STEP-TURN, SHUFFLE

1-2 Step L forward, pivot 1/2 right
3&4 Shuffle forward LRL
5-6 Step R forward, pivot 1/2 left
7&8 Shuffle forward RLR

Sec 4: STEP-TURN, SHUFFLE, STEP-TURN, SHUFFLE

1-8 Repeat steps 1-8, Sec 3

Sec 5: SIDE, TOGETHER, SIDE, TOUCH

1-4 Step L side, step R together, step L side, touch R together
5-8 Step R side, step L together, step R side, touch L together

Styling:

Push hands, palms open, overhead at left on counts 1 & 3. Sight on hands.
Push hands, palms open, overhead at right on counts 5 & 7. Sight on hands.

Sec 6: SIDE, TOGETHER, SIDE, TOUCH

1-8 Repeat steps 1-8, Sec 5

Styling:

Hands beside left hip, push open palms back four times. Sight on hands.
Hands beside right hip, push open palms back four times. Sight on hands.

Sec 7: HEEL SWIVELS, ROCK-AND-STEP

1-2 Step L side & swivel heels right-left
3&4 Rock L side, recover to R, step L side (heels to right)
5-6 Step R side & swivel heels left-right
7&8 Rock R side, recover to L, step R side (heels to left)

Styling:

Push arm up at side alternately left-right on counts 1-2.
Push left arm at side twice on counts 3 & 4.
Reverse direction on counts 5-8

Sec 8: STEPS IN PLACE

1-4 Step in place L, R, L, R
5-8 Turn 1/4 left and step in place L, R, L, R

Styling:

On 4 counts, cross arms across chest and sweep them up and out while uncrossing.
On the next 4 counts, sweep arms down and in; drop them at sides.

REPEAT

Note: For additional styling, watch the choreographer's dance tutorial.

Submitted by - Roly Ansano: rolando.ansano@gmail.com
