

Sinaran

拍數: 64 牆數: 2 級數: Improver
編舞者: Shirley Bang (MY) & Natassha Murty (MY) - September 2016
音樂: Sinaran – Ayda Jebat & Lea Ismail (edited ver)



Intro : 32 counts Sequence : AAA BB Tag AAA BB AA BB

Part A – 32 counts

A S1 - Weave R, Side ,Back Touch, Side, Back Touch

1 - 4 Step RF to R, Step LF behind R, Step RF to R , Step LF next to R
5 - 8 Step RF to R , Touch LF behind R , Step LF to L , Touch RF behind L

A S2 - Full Turn R, Side, Touch back, Side , Touch back

1 - 4 Step LF to L, turn R to L, Step L to R, turn L to R
5 - 8 Step LF to L, touch RF behind L, Step RF to R , touch LF behind R

A S3 - Skate , Skate, Side Chasse, Skate, Skate, Side Chasse

1 2 Skate R diagonal fwd, Skate L diagonal fwd
3&4 Step RL to R, Step L behind R, Step RL to R
5 – 6 Skate L diagonal fws, Skate R diagonal fwd
7&8 Step LL to L, Step R behind L, Step LL to L

A S4 - Jazzbox ¼ R Turn (X 2)

1 - 4 Cross RF over L, Step L Back, Turn ¼ R to R, Step L fwd
5 - 8 Cross RF over L, Step L Back, Turn ¼ R to R, Step L fwd

Tag (1 – 4)

Shake hip bump RLRL, Right hand pointing and left hand holding the waist.
(can be free style)

Part B – 32 counts

B S1 - Kick, hook , drag and hold

1 - 2 Kick RF diagonal fwd, hook back RF in front of L
3 - 4 Drag RF to R, Touch LF beside R
5 - 6 Kick LF diagonal fwd, hook back LF in front of R
7 - 8 Drag LF to L, Touch RF beside L

B S2 - Diagonal Step Touch

1 – 4 Step RF diagonal fwd, Touch LF beside R, Step LF diagonal fwd, Touch RF beside L
5 – 8 Step RF diagonal back, Touch LF beside R, Step LF diagonal back, Touch RF beside L

B S3 - Step Touch with hand movement

1 – 2 Step RF to R, Touch LF beside R (R hand sway out)
3 – 4 Step LF to L, Touch RF beside L (L hand sway out)
5 – 6 Step RF to R, Touch LF beside R (Both hands hug on chest)
7 – 8 Step LF to L , Touch RF beside L (Both hands open from chest)

S4 - Step R fwd, Pivot ½ L Turn, Hold and Full Turn

1 – 2 Step RF fwd, Turn ¼ L with weight on RF
3 – 4 Step RF fwd , Hold
5 – 6 Turn ½ R & Step LF back
7 – 8 Turn ½ R & Step RF fwd

Ending Pose - Right hand stretch out pointing the index finger with left hand holding left waist

ENJOY DANCING!

Contact :-

Natasha Murty : happyface_83@hotmail.com

Shirley Bang : shirleybsl@hotmail.com
