

Sayang

拍數: 96 牆數: 2 級數: Beginner
編舞者: Ema Rahmawati (INA) - October 2017
音樂: Sayang - Via Vallen



The Intro

(1 - 32) start the dance or movement with your own variations

PART A: 64 count

AI. Double Rocking Chair diagonally R

1 – 2 (Facing L forward corner) Rock R forward, recover on L
3 – 4 Rock R back, recover on L
5 – 6 Rock R forward, recover on L
7 – 8 Rock R back, hold

II. Double Rocking Chair diagonally L

1 – 2 (Facing R forward corner) Rock L forward, recover on R
3 – 4 Rock L back, recover on R
5 – 6 Rock L forward, recover on R
7 – 8 Rock L back, hold

III. Rumba Box

1 – 2 Step R to R, step-close L beside R
3 – 4 Step R forward, hold
5 – 6 Step L to L, step-close R beside L
7 – 8 Step L back, hold

IV. Back Shuffle-Coaster Step

1 – 2 Step R back, step L close beside R
3 – 4 Step R back, hold
5 – 6 Step L back, Close R beside L
7 – 8 Step L forward, hold

V. Scissor-Turn ¼ Left Back Lock Shuffle

1 – 2 Step R to side, step L slightly behind R
3 – 4 Cross R over L, hold
5 – 6 Turn ¼ left step L back, R lock behind L
7 – 8 Step L back, hold

VI. Mambo Step R-L

1 – 2 Step R back, recover on L
3 – 4 Step R forward, hold
5 – 6 Step L forward, recover on R
7 – 8 Step L close beside R, hold

VII. Scissor R-L

1 – 2 Step R to side, step L slightly behind R
3 – 4 Cross R over L, hold
5 – 6 Step L to side, step R slightly behind L
7 – 8 Cross L over R, hold

VIII. Forward Mambo-Turn ¼ Right Side-Mambo Cross Side

1 – 2 Step R forward, Step L in place

- 3 – 4 Turn ¼ right step R to side, hold
- 5 – 6 Cross L over R, Step R in place
- 7 – 8 Step L to side, hold

PART B: 32 count

B1. Rocking Chair-R Side-Together-R Side-Hold

- 1 – 2 Rock R forward, recover on L
- 3 – 4 Rock R back, recover on L
- 5 – 6 Step R to side, step L next to R
- 7 – 8 Step R to Side, hold

B.II Rocking Chair-L Side-Together-L Side-Hold

- 1 – 2 Rock L forward, recover on R
- 3 – 4 Rock L back, recover on R
- 5 – 6 Step L to side, step R next to L
- 7 – 8 Step L to Side, hold

B.III Forward Shuffle R-L

- 1 – 2 Step R forward, L close beside R
- 3 – 4 Step R forward, hold
- 5 – 6 Step L forward, R close beside L
- 7 – 8 Step L forward, hold

B IV. Forward-Turn ¼ Left-Cross-Hold-Turn ¼ Right-Turn ½ Right-Forward-Hold

- 1 – 2 Step R forward, turn ¼ left step on R
- 3 – 4 Cross R over L, hold
- 5 – 6 Turn ¼ right stepping back on L, turn ½ right step forward on R
- 7 – 8 Step L forward on L, hold

I hope you enjoy the dance....

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