

Cintul

拍數: 100 牆數: 2 級數: Phrased High Beginner
編舞者: Cahaya Mega (INA) - November 2017
音樂: Cinta Tulalit - Bebizy



Sequence : A-A-A(16) – Tag –A-A-A-B-A-Tag-A-A-A
Intro 32 count

A. (32 counts)

AI. TOUCH TOE FORWARD, STEP TOGETHER, TAP TO SIDE, STEP TOGETHER

1,2 Touch R toe forward, step R beside L
3,4 Touch L toe forward, step L beside R
5,6 Touch R toe to right side (bump hip to R), step R beside L
7,8 Touch L toe to left side (bump hip to L), step L beside R

AII. STEP VINE TO SIDE, TURN $\frac{1}{4}$ + $\frac{1}{2}$ + $\frac{1}{4}$ TO SIDE

1,2,3,4 Step R to right side, cross L behind R, step R to right side, touch L beside R (bump hip to L)
5,6,7,8 $\frac{1}{4}$ turn left step L forward, $\frac{1}{2}$ turn left step back on R, $\frac{1}{4}$ turn left step L to left side, touch R beside L

AIII. HIP SWAY, JAZZ BOX

1,2,3,4 Step R to right diagonal and rock hips to R-L-R-L
5,6,7,8 Cross R over L, step L to back, step R to right side, step L forward

AIV. 2x TURNING HIP ROLLS ($\frac{1}{4}$ + $\frac{1}{4}$ TURN), TOUCH BEHIND

1,2 Step R forward, $\frac{1}{4}$ turn left with hip roll (weight on L)
3,4 Step R forward, $\frac{1}{4}$ turn left with hip roll (weight on L)
5,6 Cross touch R toe behind L, step R to right side
7,8 Cross touch L toe behind R, step L to left side

B. (68 counts)

BI. BIG STEP TO SIDE, ROCK BACK, RECOVER

1,2 Big step R to right side, drag L toward R
3,4 Cross L behind R, recover on R
5,6 Big step L to left side, drag R toward L
7,8 Cross R behind L, recover on L

BII. CROSS WALK FORWARD, HOLD, PIVOT $\frac{1}{2}$ TURN

1,2,3,4 Cross forward on R, hold, cross forward on L, hold
5,6,7,8 Step R forward, $\frac{1}{2}$ turn left step on L, step R forward, touch L beside R

BIII. BIG STEP TO SIDE, ROCK BACK, RECOVER

1,2 big step L to left side, drag R toward L
3,4 Cross R behind L, recover on L
5,6 Big step R to right side, drag L toward R
7,8 cross L behind R, recover on R

BIV. CROSS WALK FORWARD, HOLD, PIVOT $\frac{1}{2}$ TURN

1,2,3,4 Cross forward on L, hold, cross forward on R, hold
5,6,7,8 Step L forward, $\frac{1}{2}$ turn right step on R, step L forward, touch R beside L

BV. STEP FORWARD, $\frac{1}{2}$ TURN HIP ROLL

1-4 Step R forward, $\frac{1}{2}$ turn left with hip roll over 3 counts (weight stays on L)

BVI. TOE STRUT

1,2 Touch R toe forward (bump hip to R), drop R heel
3,4 Touch L toe forward (bump hip to L), drop L heel
5,6,7,8 Repeat 1-4

BVII. CROSS SHUFFLE, BACKWARD, STEP TOGETHER

1&2 Cross R over L, step over L toward R, cross R over L
3&4 Cross L over R, step R toward L, cross L over R
5,6,7,8 Step backward on R-L-R, step L together

BVIII. TOE STRUT

1,2 Touch R toe forward (bump hip to R), drop R heel
3,4 Touch L toe forward (bump hip to L), drop L heel
5,6,7,8 Repeat 1-4

BIX. CROSS SHUFFLE, BACKWARD, STEP TOGETHER

1&2 Cross R over L, step L toward R, cross R over L
3&4 Cross L over R, step R toward L, cross L over R
5,6,7,8 Step backward on R-L-R, step L together.

TAG 4 COUNTS

1,2,3,4 Hip sway to R-L-R-L

Have Fun and Happy Dancing!

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