

E Tanase

拍數: 80 牆數: 1 級數: Phrased Improver
編舞者: Tina Wahono (INA) & Dewi Abri (INA) - March 2018
音樂: E Tanase - Justin & Marlon



Start dance on vocal, after a long intro traditional instrument drum beat.

Dance Sequence : (A – A32 – B) (A – A32 – B) A to ending

PART A : 48 counts

A[1 – 8] : KICK BALL SIDE TOUCH RF & LF , VOLTA ¼ RIGHT TURN

1 & 2 Kick R fwd – step R in place – touch L to side
3 & 4 Kick L fwd – step L in place – touch R to side
5&6& Turn ¼ right step on R – step L ball behind R – turn ¼ right step on R – step L ball behind R
7 & 8 Turn ¼ right step on R – step L ball behind R – step R in place (9.00)

A[9 – 16] : CROSS TOUCH , HITCH , SIDE SHUFFEL , JAZZ BOX ¼ TURN RIGHT

1 – 2 Cross touch L over R – hitch L knee
3 & 4 Shuffle to left side on L – R – L
5 – 8 Cross R over L – step L back – turn ¼ right step R to side – step L fwd (12.00)

A[17-24] : FORWARD & BACK TOUCH , FORWARD SHUFFLE , PIVOT ½ RIGHT

1 – 2 Touch R fwd – step R back
3 – 4 Touch L back – step L fwd
5 & 6 Forward shuffle on R – L – R
7 – 8 Step L fwd – turn ½ right weight on R (6.00)

A[25-32] : FORWARD & BACK TOUCH , FORWARD SHUFFLE , PIVOT ½ LEFT

1 – 2 Touch L fwd – step L back
3 – 4 Touch R back – step R fwd
5 & 6 Forward shuffle on L – R – L
7 – 8 Step R fwd – turn ½ left weight on L (12.00)

A[33-40] : HIP BUMPS TO RIGHT , LEFT VINE, HIP BUMPS TO LEFT , RIGHT VINE

1 – 2 Touch R to side diagonal and bump hips to right twice
3 & 4 Step R behind L – step L to side – step R across L
5 – 6 Touch L to side diagonal and bump hips to left twice
7 & 8 Step L behind R – step R to side – step L across R

A[41-48] : SYNCOPATED CROSS STEP TO LEFT AND RIGHT

1&2& Cross R over L – step L to side – cross R over L – step L to side
3 & 4 Cross R over L – step L to side – cross R over L
5&6& Cross L over R – step R to side – cross L over R – step R to side
7 & 8 Cross L over R – step R to side – cross L over R

PART B : 32 counts

B[1 – 8] : JAZZ BOX , SWIVEL WITH ¼ LEFT TURN

1 – 4 Cross R over L – step L back – step R to side – close L beside R
5&6& as you start turning ¼ left , swivel both heels to right – left – right – left
7 & 8 complete the turn, keep swivel both heels to right – left – right (9.00)

B[9 – 16]: repeat 1st 8 counts , facing 6.00

B[17-24]: repeat 1st 8 counts, facing 3.00

B[25-32]: repeat 1st 8 counts, facing 12.00

Enjoy the dance

Contact email : tinawahono12@gmail.com or dewi_abriyanti@yahoo.co.id
