

Meraih Bintang

拍數: 160 牆數: 0
編舞者: Mei Rizal (INA) - July 2018
音樂: Meraih Bintang - Via Vallen

級數: Phrased Beginner



(Official theme song Asian Games 2018)

Intro 16 counts - Phrasing A B C D B* (16) C* C*

A (32 counts)

A1. DIAGONAL FORWARD, DIAGONAL BACKWARD

1 - 2 Step R forward out to right side, touch L beside R

(swinging the right hand to the side of the body)

3 - 4 Step L forward out to left side, touch R beside L

(swinging the left hand to the side of the body)

5 - 6 Step R back to right side, touch L beside R

(twisting your arms outward with your elbows bent)

7 - 8 Step L back to left side, touch R beside L (both hands stay in position)

A2. TOUCH TO SIDE, TOUCH BESIDE, STEP TO SIDE

1 - 2 Touch R to right side, touch R beside L

3 - 4 Step R to right side, touch L beside R

5 - 6 Touch L to left side, touch L beside R

7 - 8 Step L to left side, touch R beside L

Do A3 & A4 as A1 & A2

B (32 counts)

B1. OUT – OUT, IN – IN (V step)

1 - 2 Step R forward out to right side (both hands at the side of the eye), step L forward out to left side (both hands straightened forward)

3 - 4 Step R back to center (right hand is straight forward with the index finger raised), step L next to R (the left hand moves like a right hand)

5 - 6 Step R forward out to right side (raise your right hand pointing up right), step L forward out to left side (raise your left hand pointing up left)

7 - 8 Step R back to center (bring both hands to the front of the chest), step L next to R (both hands pointed upward again)

B2. STEP TO SIDE, SWAY

1 - 2 Step R to right side with sway to right, transfer weight to left with sway to left

3 - 6 Repeat 1 - 2

7 - 8 Transfer weight to right with sway to right, touch L next to R

Do B3 & B4 as B1 & B2 in the opposite direction

C (32 counts)

C1. STEP IN PLACE WITH MOVING BOTH HANDS

1 - 8 Step R & L in place with moving both hands like invites

C2. STEP IN PLACE WITH SWINGING RIGHT HAND

1 - 8 Step R & L in place with swinging R hand up to right and left

Do C3 & C4 as C1 & C2

D (64 counts)

D1. DOUBLE STEP

- 1 - 2 Step R to right side while crossing both hands on the shoulders, step L next to R with slide the hand to each shoulder
- 3 - 4 Step R to right side with lift both hands up, touch L next to R while bring both hands down
- 5 - 8 Step L to left side, step R next to L, step L to left side, touch R next to L
(on 5 – 8 both hands move like rolls in front of the chest)

Do D2 – D4 as D1

D5. STEP FORWARD, STEP BALL BEHIND, FULL TURN

- 1& Step R forward, step ball of L slightly behind R
- 2&3& Repeat 1&
- 4 Step R forward
- 5& ¼ turn left crossing L over R, step on ball of R slightly behind L
- 6&7&8 Repeat 5& 3 more times to make a full turn facing the front wall again

D6. STEP CROSS

- 1& Cross R over L, step ball of L slightly to left side
- 2&3&4 Repeat 1&
- 5 - 8 Do 1&2&3&4 in the opposite direction

Do D7 – D8 as D5 – D6

Noted :

B* Do only 16 counts, there is a change in the last step, at the count of 16 step L next to R

C* After doing 16 counts rotating direction facing left (1/4 turn left) and do it three times

Ending facing 12 : 00

Have Fun and keep the spirit !!!

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