

Pudar

拍數: 64 牆數: 2 級數: Improver
編舞者: Roosamekto Mamek (INA) - April 2019
音樂: Pudar - Rossa



Intro : 44 counts

S1. DIAGONAL FORWARD, TOUCH, SIDE WITH HIPS BUMP, HIPS BUMPS, TOUCH

1-4 Step R diagonal forward – Touch L together – Step L diagonal forward – Touch R together
5-8 Step R to side bump hips to right – Bump hips to left – Bump hips to right – Touch L together
(12:00)

S2. DIAGONAL BACK, TOUCH, SIDE WITH HIPS BUMP, HIPS BUMPS, TOUCH

1-4 Step L diagonal back – Touch R together – Step R diagonal back – Touch L together
5-8 Step L to side bump hips to left – Bump hips to right – Bump hipd to left – Touch R together
(12:00)

S3. FORWARD ROCK, RECOVER, BACK SHUFFLE, BACK ROCK, RECOVER, FORWARD SHUFFLE

1-2 Rock R forward – Recover on L
3&4 Step R back – Step L together – Step R back
5-6 Rock L back – Recover on R
7&8 Step L forward – Step R together – Step L forward (12:00)

S4. CROSS, POINT, JAZZ BOX CROSS TURN ¼ RIGHT

1-4 Cross R over L – Touch L to side – Cross L over R – Touch R to side
5-8 Cross R over L – Turn ¼ right step L back – Step R to side – Cross L over R (3:00)

S5. SIDE, TOUCH, ROCKING CHAIR

1-4 Step R to side – Touch L together – Step L to side – Touch R together
5-8 Rock R forward – Recover on L – Rock R back – Recover on L (3:00)

S6. PIVOT 1/2 TURN LEFT, FORWARD SHUFFLE, PIVOT 1/2 TURN RIGHT, FORWARD SHUFFLE

1-2 Step R forward – Turn ½ left (9:00)
3&4 Step R forward – Step L together – Step R forward
5-6 Step L forward – Turn ½ right (3:00)
7&8 Step L forward – Step R together – Step L forward

S7. PADDLE TURN 1/4 LEFT (3X), SIDE ROCK, RECOVER

1-4 Step R to side – Turn ¼ left – Step R to side – Turn ¼ left (9:00)
5-8 Step R to side – Turn ¼ left – Rock R to side – Recover on L (6:00)

S8. WEAVE, FLICK

1-4 Cross R over L – Step L to side – Cross R behind L – Flick L to side
5-8 Cross L over R – Step R to side – Cross L behind R – Flick R to side (6:00)

REPEAT

TAG: End of wall 1

JAZZ BOX

1-4 Cross R over L – Step L back – Step R to side – Step L forward

RESTART: On wall 4 after 56 count (S.7)

For more info about song & step sheet please contact: Roosamekto.Nugroho@gmail.com

