

Bukan Makarena

拍數: 80 牆數: 1 級數: Phrased Improver
編舞者: Wenarika Josephine (INA) - May 2019
音樂: Poco Poco (Best Dance of Our Lives) - JFlow : (Official Music)



Intro 16 counts , starts on vocal . NO TAG NO RESTART
Dance Sequence : ABC – ABC – ABC – AB - Ending

PART A (16 counts)

[1 – 8] GRIND HEEL FWD, RECOVER (RL) , SYNCOPATED CROSS SHUFFLE

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

*[9 – 16] : repeat count 1-8 , start with the Left foot,

PART B (32 counts)

B[1 – 8] STOMP RL – SIDE CHASSE

1 – 2 Stomp R to side – stomp L
3 & 4 Step R to side – close L beside R – step R to side
5 – 6 Stomp L – stomp R
7 & 8 Step L to side – close R beside L – step L to side

B[9 – 16] HEEL TOE TOUCHES , RUN FWD, HEEL TOE TOUCHES , PIVOT ½ RIGHT

1 – 2 R heel touch fwd – R toe touch behind L
3 & 4 Run fwd on R – L – R
5 – 6 L heel touch fwd – L toe touch behind R
7 & 8 Step L fwd – turn ½ right – close L beside R(6.00)

*B[17-32]: repeat count 1 – 16 , ending facing front wall (12.00)

PART C (32 counts)

C[1 – 8] SWIVEL SIDE TOGETHER (2X) , UPPER BODY MOVE SIDE TO SIDE

1 – 4 Step R to side – L together – R to side – L together
(note : when stepping side turn toes ¼ right, step together turn toes facing front)
5 – 8 Move upper body to side left – right – left – right
(note : feel free to add hand movements)

C[9 – 16] SWIVEL SIDE TOGETHER (2X) , UPPER BODY MOVE SIDE TO SIDE

1 – 4 Step L to side – R together – L to side – R together
(note : when stepping side turn toes ¼ left, step together turn toes facing front)
5 – 8 Move upper body to side right – left – right – left
(note : feel free to add hand movements)

C[17-24] CROSS ROCK , SIDE , WALK ½ CIRCLE TO RIGHT

1 & 2 Cross rock R over L – recover on L – step R to side
3 & 4 Cross rock L over R – recover on R – step L to side
5 – 8 Walk ½ circle to right on R – L – R – L(6.00)

*C[25-32]: repeat count 17 – 24 , ending facing front wall (12.00)

ENJOY THE DANCE !!

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