

# 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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