

Baralek Gadang

拍數: 48 牆數: 2 級數: Easy Intermediate
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音樂: Baralek Gadang - Ria : (Album: Minang)



Intro 80 counts

I. ROCK BACK, RECOVER, SHUFFLE, WALK FORWARD, SHUFFLE

1,2 Rock back on R, recover on L
3&4 Shuffle forward on R-L-R
5,6 Step forward on L-R
7&8 Shuffle forward on L-R-L

II. STEP FORWARD, TURN ¼ , CROSS SHUFFLE, TURN ¼ STEP BACK, TURN ¼ STEP SIDE, CROSS SHUFFLE

1,2 Step R forward, ¼ turn left recover on L
3&4 Cross shuffle forward on R-L-R
5,6 ¼ turn right Step back on L, ¼ turn right step R to right side
7&8 Cross shuffle forward on L-R-L

III. OUT-OUT, IN-IN, ROCK FORWARD, RECOVER, SHUFFLE ½ TURN

1,2 Step R forward out to right, step L forward out to left
3,4 Step R back to place, step L next to R
5,6 Rock R forward, recover on L
7&8 ½ turn right shuffle forward on R-L-R

IV. OUT-OUT, IN-IN, ROCK FORWARD, RECOVER, SHUFFLE ½ TURN

1,2 Step L forward out to left, step R forward out to right
3,4 Step L back to place, step R next to L
5,6 Rock L forward, recover on R
7&8 ½ turn left shuffle forward on L-R-L

V. WALK FORWARD, CHASSE, WALK BACKWARD, CHASSE

1,2 Step forward on R-L
3&4 Chasse to right side on R-L-R
5,6 Step backward on L-R
7&8 Chasse to left side on L-R-L

VI. ROCK, RECOVER, SHUFFLE ¼ TURN, ROCK, RECOVER, BACK SHUFFLE

1,2 Step R forward L, recover on L
3&4 Shuffle ¼ turn right on R-L-R
5,6 Rock L forward, rcover on R
7&8 Back shuffle on L-R-L

Restart on Wall 3 after 16 counts (facing 12:00) spinning ¼ turn left

Begin again !

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