

Sinanggar Tulo

拍數: 144 牆數: 1
編舞者: Uli Elfrida (INA) - October 2019
音樂: Sinanggar Tulo - Trio Ambisi

級數: Phrased Beginner



Part A = 44 counts Part B = 60 counts Part C = 40 counts
Sequence : AAB AB AC AB AA

Part A

Section 1 Step Forward, step together

12345678 Step R forward, step L together > 4 X

Section 2 Step back, step together

12345678 Step R back, step L together > 4 X

Section 3 1/4 turn step forward, step together 3 X, step forward ,touch

123456 1/4 turn right step R forward, step L together > 3 X
7 8 1/4 turn right step R forward, touch L next to R

Section 4 1/4 turn step forward, step together 3 X, step forward, touch

123456 1/4 turn left step L forward, step R together > 3 X
7 8 1/4 turn left step L forward, touch R next to L

Section 5 Step side, step together, touch

1 2 3 4 Step R side, step L together, step R side, touch L next to R
5 6 7 8 Step L side, step R together, step L side, touch R next to L

Section 6 Rocking chair

1 2 3 4 Rock R forward, recover on L, rock L back, recover on L

Part B

Section 1 Step forward diagonally right, hitch, step back diagonally right, touch

1 2 3 4 Step forward diagonally right R L R, hitch L forward
5 6 7 8 Step back diagonally right L R L, touch R next to L

Section 2 Step forward diagonally left, hitch, step back diagonally left, touch

1 2 3 4 Step forward diagonally left R L R, hitch L forward
5 6 7 8 Step back diagonally left L R L, touch R next to L

Section 3 jazz box 1/4 turn right, touch, step (facing 3.00)

1 2 3 4 Cross R over L, 1/4 turn right step L back, step R side, step L next to R
5 6 7 8 Touch R forward, step R next to L, touch L forward, step L next to R

Section 4 Repeat section 3 (facing 6.00)

Section 5 Repeat section 3 (facing 9.00)

Section 6 Repeat section 3 (facing 12.00)

Section 7 Traveling swivels : heels, toes, heels, hold

1 2 3 4 Moving to right side swivel both heels, both toes, both heels, hold
5 6 7 8 Moving to left side swivel both heels, both toes, booth heels, hold

Section 8 Swivel heels right, hold, swivel heels left, hold

1 2 3 4 Swivel both heels right side hold, swivel both heels left side, hold

Part C

Section 1 Bounce, turn around to right & left, (option: step slightly & bend your knees)

1 2 3 4 Turn around to right, bend your knees

5 6 7 8 Turn around to left (facing 12.00) bend your knees

Section 2 Bounce, turn around to left & right (step slightly & bend your knees)

1 2 3 4 Turn around to left, bend your knees

5 6 7 8 Turn around to right (facing 12.00) bend your knees

Section 3 Step side, step together, touch

12345678 Step R side, step L together > 3 X, step R side, touch L next to R

Section 4 Step side, step together, touch

12345678 Step L side, step R together > 3 X, step L side, touch R next to L

Section 5 Traveling swivels : heels, toes, heels, hold

1 2 3 4 Moving to right side swivel both heels, both toes, both heels, hold.

5 6 7 8 Moving to left side swivel both heels, both toes, both heels, hold

Thank you and hope you enjoy it.

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