

Nyanda Mo Balaeng

COPPER KNOB
BY SHEETS

拍數: 32 牆數: 4 級數: Improver
編舞者: Yola Ireneous (INA) - February 2020
音樂: Nyanda Mo Balaeng by Tantowi Yahya



#32 counts Intro . *Restart on wall 4 after 16 counts

I. HALF RUMBA BOX FWD, SWAY, HALF RUMBA BOX BACK, SWAY

1 & 2 Step L to side – close R beside L – step L forward
3 – 4 Sway to right – sway left
5 & 6 Step R to side – close L beside R – step R back
7 – 8 Sway to left – sway right

II. BOTAFOGO L & R, JAZZBOX ¼ TURN LEFT

1 & 2 Cross L over R – rock R to side – recover on L
3 & 4 Cross R over L – rock L to side – recover on R
5 – 8 Cross L over R – ¼ turn left step R back – step L to side – step R forward (9.00)

*(Restart on wall 4)

III. LOCK SHUFFLE FWD , PIVOT ½ LEFT, LOCK SHUFFLE FWD, PIVOT ½ RIGHT

1 & 2 Step L forward – lock R behind L – step L forward
3 – 4 Rock R forward – turn ½ left recover on L(3.00)
5 & 6 Step R forward – lock L behind R – step R forward
7 – 8 Rock L forward – turn ½ right recover on R(9.00)

IV. ROCKING CHAIR, FULL TURN LEFT

1 – 4 Rock L forward – recover on R – rock L back – recover on R
5 – 8 Step L forward – turn ½ left step R back – turn ½ left step L forward – step R forward

*(Optional count 5-8 full turn left, just walk forward on LRLR)

Happy dancing !!!

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