

Dalabengba

拍數: 48 牆數: 2 級數: Phrased Intermediate
編舞者: Diana Liang (CN) - March 2020
音樂: Da La Beng Ba (達拉崩吧) - Zhou Shen (周深)



Intro 16 - Sequence: AA BB CC T AAA BB CC T AA (BBCC) X 5

Phrase A 32/2

AS1 Push back with knee pop Recover, Weigh Transfer Back/Kick, Recover/Flick, Diagonal forward shuffle

1,2 Rf back pushing back R Hip/Lf knee pop out, Lf recover
3,4 Weigh transfer to Rf knee bent/Lf kick forward, Lf recover/Rf flick
5&6 Rf diagonal forward, Lf together, Rf diagonal forward
7&8 Lf diagonal forward, Rf together, Lf diagonal forward, facing 10;30

AS2 ½ RT, Shuffle Forward, 1/8 RT Samba, Samba

1,2 Rf forward, ½ RT Lf low hitch, 4:30
3&4 Lf forward, Rf together, Lf forward
5&6 Rf forward, 1/8 RT Lf side, Rf recover
7&8 Lf cross, Rf side, Lf recover

AS3 (Forward, Kick, 1/2 Turn Hop) RL

1,2 Rf forward, Lf kick
3,4 1/4 RT Rf hop/Lf toe turning inwards, 1/4RT Rf hop/ Rf toe turning downward
5,6 Lf forward, Rf kick
7,8 1/4 LT Lf hop/Rf toe turning inwards, 1/4LT Lf hop/ Rf toe turning downward
(When hopping, the other leg can be lowered/close to the hopping leg to keep balance)

AS4 Jazz Box, Forward, Charleston

1,2,3,4 Rf cross, Lf back, Rf side, Lf forward
5,6,7,8 Rf forward, Lf kick forward, Lf back, Rf point back

Phrase B 8

BS1 (Cross, Side, Heel Out, Together) RL

1,2,3,4 Rf cross, Lf side, Rf heel diagonal out, Rf together
5,6,7,8 Lf cross, Rf side, Lf heel diagonal out, Lf together

Phrase C 8

CS1 1/4 LT Toe Strut, Slow Cross Chasse, Side

1,2,3,4 Rf forward toe touch, 1/4 LT Rf heel down, Lf toe side touch, Lf heel down
5,6,7,8 Rf cross, Lf side, Rf cross, Lf side

Tag at the end of the 2nd/4th C, 4 Counts

TS1 = The 1st 4Counts of AS1

1,2 Rf back pushing back R Hip/Lf knee pop out, Lf recover
3,4 Weigh transfer to Rf bending knee / Lf kick forward, Lf recover/Rf flick

At the end of the 7th A, the music will slow down then picking up later, just keep dancing, and the last 2nd C, there will be no music, just keep dancing and the music will be back in the last C.

It happens finishing the dance facing 12H

Thanks and happy dancing!
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