

Lathi

拍數: 160 牆數: 1 級數: Phrased Advanced
編舞者: Kristiani Pangau (INA) - June 2020
音樂: LATHI - Weird Genius & Sara Fajira



Intro 8counts. 1 Tag

Sequence: A, B, C, D tag A*, B, C, D

(A*: Dance Sec 1-2 and then continue to Sec 5-6 change 3/8 turn L to 1/8 turn R)

(Part A): 48counts

Sec1 lounge, lounge, pencil full turn, back sweep, back sweep, back sweep, back sweep, behind, side

12 Bending L to L side straightening R, recover on R bending R straightening L
34 Full turn L touch R beside L, step R back sweeping L
567 Step L back sweeping R, step R back sweeping L, step L back sweeping R
8& Step R behind L, step L to L side

Sec2 Cross, recover, side, cross rock, recover, side, sway x4, hitch, cross, 1/2 unwind

12& Cross R over L, recover on L, step R to R side
34& Cross L over R, recover on R, step L to L side
56&7 Sway to R, sway to L, sway to R, sway to L
a8& Hitch R prepare to cross, cross R over L, unwind 1/2 turn L *

Sec3 Fwd sweep, fwd sweep, fwd, out, out, recover, recover, rock back, recover

12 Step L fwd sweep R, step R fwd sweep L
3&4 Step L fwd, step R out, step L out (weight on L)
56 Recover on R, recover on L
78 Rock R behind L, recover on L

Sec4 Side, rock back, recover, side, touch behind, unwind while rolling shoulders.

&1 Step R to R side, rock L behind R
2&3 Recover on R, step L to L side, touch R behind L
4-8 Slowly do 1/2 turn unwind while rolling shoulders (R roll back, L roll fwd)

Sec5 3/8 turn, cross, side, back, back, side, fwd, 1/2 turn, 1/2 turn, 1/4 turn, touch, touch*

12& 3 /8 turn L step R to R side, cross L over R, step R to R side
34& Step L back, step R back, 1/8 turn L step L to L side
56& Step R fwd, 1/2 turn R step L back, 1/2 turn R step R fwd
78& 1/4 turn R step L to L side, touch R beside L, touch R to R side

Sec6 Slow sliding, recover, touch, fwd, 1/4 turn, fwd, touch

12 Sliding R backwards bending L knee (Do it slowly up to 2counts)
34 Recover on L straightening L moving R towards L, touch R beside L
56 Step R fwd, 1/4 turn R touch L to L side
78 Step L fwd, touch R to R side

(Part B): 32counts

Sec1 Tap, tap, tap, tap, side, touch, side, touch

1234 Tap R toe, tap R toe, tap R toe, tap R toe
5678 Step R to R side, touch L beside, step L to L side, touch R beside L

Sec2 Kick ball touch, swivel heel, mirror steps

1&2 Kick R fwd, step R beside L, touch L back
34 Swivel both heels to R, swivel both heels to center

5&6 Kick L fwd, step L beside R, touch R back
78 Swivel both heels to L, swivel back to center

Sec3 Walk, hold, walk, hold, walk, hold, pivot ½ turn, hold

1234 Step R fwd, hold, step L fwd, hold,
5678 Step R fwd, hold, pivot ½ L, hold

Sec4 Repeat Section 3

(Part C): 16counts (This part is mixed with traditional style. As Indonesia traditional dance is various and has its own and specific style, I recommend you to see my demo video for styling references).

Sec1: ¼ turn R toe strut (4times)

12 ¼ turn R touch R toe fwd, heel down
34 ¼ turn R touch L toe fwd, heel down
56 ¼ turn R touch R toe fwd, heel down
78 ¼ turn R touch L toe fwd, heel down

Sec2 Side, together, side, touch, mirror steps, side, hook, side, hook, side, together

1&2& Step R to R side, step L together, step R to R side, touch L beside R
3&4& Step L to L side, step R together, step L to L side, touch R beside L
5&6& Step R to R side, hook L in, step L to L side, hook R in
7& Step R to R side, close L next to R

(Part D): 64 counts

Sec1 Jump out, body up, shoulders, side, hold, sailor step

12 Open both legs and bending both knees, body up
3&4 Shoulders up, down, up (Up R shoulder first. When R shoulder up, L down.)
56 Step L to L side, hold
7&8 Step R behind L, step L to L side, step R to R side

Sec2 Out, out, close, open knees, back, hold, together, fwd, together

12 Step L to L side, step R to R side,
34 Close L next to R, open knees
56 Step L back, hold
&78 Step R towards L, step L fwd, step R together

Sec3 Step side twist heel out, in, out, in, slow which A ways, fast which A ways

1&2& Step L to L side twist heel out, twist L heel in, twist L heel out, twist L heel in
3456 Slowly flicking L to L side, continuing flick, hitch L knee, step L to L side
&7&8 Flicking R continuing to hitch, step R to R side, flicking L continuing to hitch, step L to L side

Sec4 Lean, lean, step box (full turn)

12 Body leaning towards R, hold and keeping the weight on R (handpalms opened following the movement of the body)
34 Body leaning towards L, hold and keeping the weight on L (handpalms closed and pull hands the other way)
56 ¼ turn R step R to R side, ¼ turn R step L to L side
78 ¼ turn R step R to R side, ¼ turn R step L to L side

Sec5 Stomp, hold, stomp, hold, wave staccato

12 Stomp R back diagonal, hold
34 Stomp L back diagonal, hold
5&6 Wave R arm to R (Head also following the wave moving staccato)
7&8 Wave L arm to L (Head also following the wave moving staccato)

Sec6 Slow motion run x2, fwd, pivot ½ turn, heel out, heel out, in, in

12 ½ turn R step R forward while brushing L backwards
34 Step L forward while brushing R backwards
56 Step R fwd, pivot ½ turn L
&7 Step R heel to R, step L heel to L
&8 Step R in, step L in next to R

Sec7 Head, hold, heel strut x3

&12 head up, head down, hold
34 Step R heel diagonal, R toe down
56 Step L heel diagonal, L toe down
78 Step R heel diagonal, R toe down

Sec8 Side, hold, touch, touch, hitch turn, together, back, recover, together

1234 Step L to L side, hold, touch R next to L, touch R to R side
56 Hitch R knee while making full turn right (5,6)
&7&8 Close R next to L, step L back, recover on R, close L next to R

Tag:

123 Jump out, hold (2,3)
&4& Drop hands, pull hands and place it in front of belly, pull hands and place it in front of chest .

Hope you enjoy the dance
Just try it, coz why not.....!!!

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