

Vaaste

拍數: 32 牆數: 4 級數: Beginner
編舞者: Chika Hapsari (INA) & Roosamekto Mamek (INA) - July 2020
音樂: Vaaste (REMIX) by Pionir Albrew



Intro: 32 count - NO TAG, NO RESTART

S1. LONG CROSS SHUFFLE, SIDE TOUCH

1&2& Cross R over L – Step L to side – Cross R over L – Step L to side (12:00)
3-4 Cross R over L – Touch L to side
5&6& Cross L over R – Step R to side – Cross L over R – Step R to side
7-8 Cross L over R – Touch R to side (12:00)

S2. SWITCH TOUCHES, BOTA FOGO, SWITCH TOUCHES, SAILOR STEP TURN 1/4 LEFT

1-2 Touch R forward – Touch R to side (12:00)
3&4 Cross R over L – Rock L to side – Recover on R
5-6 Touch L forward – Touch L to side
7&8 Cross L behind R turn 1/4 left – Step R to side – Step L forward (9:00)

S3. HEEL TOUCH, HITCH, SIDE CHASSE

1-2 Touch R heel diagonal forward – Hitch R knee up (9:00)
3&4 Step R to side – Step L together – Step R to side
5-6 Touch L heel diagonal forward – Hitch L knee up
7&8 Step L to side – Step R together – Step L to side (9:00)

S4. ROCKING CHAIR, FORWARD MAMBO, CHUG TURN 1/6 RIGHT (2X), SIDE MAMBO TURN 1/6 RIGHT

1&2& Rock R forward – Recover on L – Rock R back – Recover on L (9:00)
3&4 Rock R forward – Recover on L – Step R together
5&6& Turn 1/6 right chug L to side – Recover on R – Turn 1/6 right chug L to side – Recover on R
7&8 Turn 1/6 right rock L to side – Recover on R – Step L together (3:00)

REPEAT

For more info about step sheet & song, please contact:

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