

Sinaran

拍數: 96 牆數: 4 級數: Phrased High Beginner
編舞者: Arra (INA) & Via Sylvia (INA) - July 2020
音樂: Sinaran - Sheila Majid



START : 32 COUNT (ON LYRIC)
SEQUENCES : AA B CC AA B CC AB TAG AB CC AA

PART A

A#1 WALK FORWARD, TOUCH RL, HITCH, CROSS SHUFFLE

1-2 Step RF forward – step RL forward
3-4 touch RF to L side – step RF beside LF
5-6 touch LF to L side – hitch L
7&8 cross LF over RF – step RF to R side – cross LF to L side

A#2 SIDE TOGETHER, CHASSE R, CROSS ROCK, CHASSE L

1-2 step RF to R side – step LF beside RF
3&4 step RF to R side – step LF beside RF – step RF to R side
5-6 cross LF over RF – recover on RF
7&8 step LF to L side - step RF beside LF – step LF to L side

A#3 K STEP

1-2 step RF to R diagonal forward – touch LF beside RF
3-4 step LF to L diagonal back – touch RF beside LF
5-6 step RF to R diagonal back – touch LF beside RF
7-8 step LF to L diagonal forward – touch RF beside LF

A#4 V STEP, ¼ TURN R JAZZBOX

1-2 step RF to R diagonal forward – step L to L diagonal forward
3-4 step RF to back (centre) – step LF beside RF
5-6 cross RF over LF – turn ¼ R stepping LF back
7-8 step RF to R side – step LF forward (facing : 03.00)

PART B

B#1 VINE WITH SWEEP BEHIND, HOLD

1-4 cross RF over LF – step LF to L side - cross RF behind LF - sweep LF to back
5-8 cross LF behind RF - step RF to R side - cross LF over RF - hold

B#2 SCISSOR CROSS R/L, HOLD

1-4 step RF to R side – step LF beside RF – cross RF over LF- hold
5-8 step LF to L side – step RF beside LF – cross LF over RF – hold

B#3 FRONT ROCK, TURN ½ R, HOLD , PIVOT ½ L HOLD

1-4 step RF forward- recover on LF- turn ½ R – hold
5-8 step LF forward – turn ½ R – step LF forward – hold

B#4 V STEP, KICK BALL TOUCH RL

1-2 step RF to R diagonal forward – step LF to L diagonal forward
3-4 step RF to R back (centre) – step LF beside RF
5&6 kick RF forward – step RF beside Lf – touch LF to L side
7&8 kick LF forward – step LF beside RF – touch RF to R side

PART C

C#1 FRONT ROCK, COASTER STEP, FRONT ROCK, COASTER STEP

- 1-2 step RF forward – recover on LF
- 3&4 step RF back – step LF beside RF – step RF forward
- 5-6 step LF forward – recover on RF
- 7&8 step LF back – step RF beside LF – step LF forward

C#2 SIDE CROSS R/L, SIDE BACK R/L

- 1-2 step RF to R side – touch cross LF over RF
- 3-4 step LF to L side – touch cross RF over LF
- 5-6 step RF to R side – touch LF behind RF
- 7-8 step LF to L side – touch RF behind LF

C#3 RHUMBA HALF WITH SHUFFLE FORWARD,

- 1-2 step R to R side- step LF beside RF
- 3&4 step RF forward – step LF behind RF – step RF forward
- 5-6 step L to L side - step RF beside LF
- 7&8 step LF forward – step RF behind LF – step LF forward

C#4 WEAVE L TOUCH, WEAVE R TOUCH

- 1-4 cross RF over LF – step LF to L side – step RF behind LF, side touch on LF
- 5-8 cross LF over RF – step RF to R side – step LF behind RF, side touch on RF

TAG:**PIVOT ½ L SHUFFLE FORWARD, PIVOT ½ L FORWARD SHUFFLE**

- 1-2 step RF forward – turn ½ L weight on LF
- 3&4 step RF forward – step LF behind RF – step RF forward
- 5-6 step RF forward – turn ½ L weight on RF
- 7&8 step LF forward – step RF behind LF – step LF forward

Last Update - 27 Aug. 2020-R3
