

Nola Dangdut

拍數: 96 牆數: 1 級數: Phrased Improver
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音樂: Ampun Bang Jago - Vita Alvia



Tag 1: 12counts
Tag 2: 12counts
Tag 3: 8counts

Sequence : A1, A1, TAG 1, A2, A2, TAG 2, B, B, A1, A2, C, C, TAG 3, A2, A2

A2 : There is a change in the footsteps of A1 S2 counting 5678, the hip Roll movement becomes (diagonal back step-close) RL, other movements A1 are the same as A2

Intro 8 counts

A #S1 (DIAGONAL STEP FORWARD - CLOSE - DIAGONAL STEP FORWARD - TOUCH) RL

1-2 Step R diagonal forward, Step L together
3-4 Step R diagonal forward, Touch L beside R
5-6 Step L diagonal forward, Step R together
7-8 Step L diagonal forward, Touch R beside L

A #S2 DIAGONAL BACK STEP - CLOSE TOUCH - DIAGONAL BACK STEP - CLOSE TOUCH - HIP ROLL

1-2 Step R diagonal back, Touch L beside R
3-4 Step L diagonal back, Touch R beside L
5-8 Hip Roll from left to left

(Here the steps change when A2, the hip Roll movement becomes : (5)Step R diagonal back, (6)Touch L beside R, (7)Step L diagonal back, (8) Touch R beside L

A #S3 ROCKING CHAIR - FORWARD ROCK - COASTER STEP

1-2 Step R forward, Recover on L
3-4 Step R backward, Recover on L
5-6 Step R forward, Recover on L
7-&-8 Step R back, Step L back together, Step R forward

A #S4 ROCKING CHAIR - BODY WAVE

1-2 Step R forward, Recover on L
3-4 Sep R backward, Recover on L
5-7 Bodywave (Wave the body from head, shoulder, chest, rib, stomach, hip, pelvic and finally sitting position)
8 Close L together

TAG 1 & TAG 2 : SIDE STEP WITH RAISE HANDS UP - SWAY WITH MOVE HANDS DOWN IN FRONT FACE

1-4 {(1)Step R to side, (2-4)Hold} with extend arms to sides and then lift them up
5-12 {(5)Sway hip R, (6)Touch L, (7)Sway hip L, (8)Touch R, (9)Sway hip R, (10)Touch L, (11)Sway hip L, (12)Touch R } with move hands lower it in front of the face

B #S1 PADDLE TURN WITH HIP BUMP - 1/4 TO LEFT PADDLE TURN WITH HIP BUMP 3X

1-2 Step R to side with bump hip to right, Recover on L with bump hip to left
3-4 1/4 to left step R to side with bump hip to right (9.00), Recover on L with bump hip to left
5-6 1/4 to left step R to side with bump hip to right (6.00), Recover on L with bump hip to left
7-8 1/4 to left step R to side with bump hip to right (3.00), Recover on L with bump hip to left

B #S2 (CROSS, TOUCH)RL 2X - (BACK, TOUCH)2X WITH SHIMMY SHOULDER

- 1-2 Cross R over L, Touch L to side
- 3-4 Cross L over R, Touch R to side
- 5-6 (Step R back, Touch L to side) with shimmy shoulder
- 7-8 (Step L back, Touch R to side) with shimmy shoulder

B #S3 1/4 TO RIGHT JAZZ BOX 2X

- 1-2 Cross R over L, 1/4 turn right step L back (6.00)
- 3-4 Step R to side, Step L forward
- 5-6 Cross R over L, 1/4 turn right step L back (9.00)
- 7-8 Step R to side, Step L forward

B #S4 DIAGONAL FORWARD TOUCH WITH HIP BUMP RL - 1/4 RIGHT DIAGONAL FORWARD TOUCH WITH HIP BUMP RL

- 1-2 Touch R diagonal forward with bump hip to right, Step R beside L
- 3-4 Touch L diagonal forward with bump hip to left, Step L beside R
- 5-6 1/4 turn right touch R diagonal forward with bump hip to right (12.00), Step R beside L
- 7-8 Touch L diagonal forward with bump hip to left, Step L beside R

C #S1 1/4 TURN LEFT CHASSE R - CLOSE TOUCH - 1/4 TURN LEFT CHASSE L - CLOSE TOUCH

- 1-2 1/4 Turn left step R to side (9.00), Step L together
- 3-4 Step R to side, Close touch L beside R
- 5-6 1/4 Turn left step L to side(6.00), Step R together
- 7-8 Step L to side, Close touch R beside L

C #S2 1/4 TO LEFT CHASSE R - CLOSE TOUCH - 1/4 TO LEFT CHASSE L - CLOSE TOUCH

- 1-2 1/4 Turn left step R to side (3.00), Step L together
- 3-4 Step R to side, Close touch L beside R
- 5-6 1/4 Turn left step L to side (12.00), Step R together
- 7-8 Step L to side, Close touch R beside L

C #S3 CHANGE WEIGHT RL 2X, SIDE, CLOSE, SIDE, TOUCH

- 1-2 Step R to side with bump hip to right, Recover on L with bump hip to left
- 3-4 Recover on R with bump hip to right, Recover on L with bump hip to left
- 5-6 Step R to side, Step L beside R
- 7-8 Step R to side, Touch L beside R

(Styling hands like holding the cellphone to the ear alternately to the right and to the left)

C #S4 CHANGE WEIGHT LR 2X, SIDE, CLOSE, SIDE , TOUCH

- 1-2 Step L to side with bump hip to left, Recover on R with bump hip to right
- 3-4 Recover on L with bump hip to left, Recover on R with bump hip to right
- 5-6 Step L to side, Step R beside L
- 7-8 Step L to side, Touch R beside L

(Styling hands like holding the cellphone to the ear alternately to the right and to the left)

TAG 3 SIDE STEP WITH HIP BUMP AND MOVE HANDS UP AND DOWN

- 1-2 Body facing diagonally to left Step R to side with bump hip to right and move right hand up and left hand down, Bump hip to left with right hand down and left hand up
- 3-4 Bump hip to right and move right hand up and left hand down, Bump hip to left with right hand down and left hand up
- 5-6 Body facing diagonally to right Bump hip to right and move right hand up and left hand down, Bump hip to left with right hand down and left hand up
- 7-8 Bump hip to right and move right hand up and left hand down, Bump hip to left with right hand down and left hand up

