

Helwa Gedan

拍數: 88 牆數: 1 級數: Phrased Intermediate
編舞者: Bambang Satiyawan (INA) & Yumiko Miko (INA) - September 2021
音樂: Helwa Gedan - Sandy



Dance sequence : A-B-A-B-TAG-B-A-B(20 counts)-C-A-B(20 counts)-A

Start dance on vocal,

PART A.

SECTION I. CROSS TOUCH-SIDE TOUCH-SAILOR-FORWARD TOUCH-BACK-COASTER

- 1 - 2 Touch R cross over L, Touch R to side
- 3 & 4 Cross R behind L, Step L to side, Step R to side
- 5 - 6 Touch L forward, Step L back
- 7 & 8 Step R back, Close L beside R, Step R forward

SECTION II. FORWARD ROCK RECOVER-TRAVELING BACK TURN-COASTER-WALK

- 1 - 2 Rock L forward, Recover on R
- 3 - 4 Turn ½ left Step L forward, Turn ½ left Step R back
- 5 & 6 Step L back, Close R beside L, Step L forward
- 7 - 8 Walk R-L

SECTION III. SIDE-TOUCH BESIDE-SIDE-TOUCH BESIDE

- 1 - 2 Step R to side, Touch L beside R
- 3 - 4 Step L to side, Touch R beside L

SECTION IV. TOUCHES-BEHIND-SIDE-CROSS-SIDE TOUCH-TURN-KICK-COASTER

- 1 & 2 Touch R to side, Touch R beside L, Touch R to side
- 3 & 4 Cross R behind L, Step L to side, Cross R over L
- 5 & 6 Touch L to side, Turn ¼ left weight on R, Kick L forward
- 7 & 8 Step L back, Close R beside L, Step L forward

SECTION V. JAZZ BOX TURN ¼ RIGHT-DIAGONAL-BESIDE TOUCH-DIAGONAL-BESIDE TOUCH

- 1 - 2 Cross R over L, Turn ¼ right Step L back,
- 3 - 4 Step R to side, Step L forward
- 5 - 6 Step R diagonal forward, Touch L beside R
- 7 - 8 Step L diagonal Forward, Touch R beside L

SECTION VI. BACKWARD AND HEEL GRIND-BACKWARD AND HEEL GRIND

- 1 - 2 Step R back and Grind L heel, Step L back and Grind R heel
- 3 - 4 Step R back and Grind L heel, Step L back and Grind R heel

PART B.

SECTION I. BACK ROCK RECOVER-FORWARD SHUFFLE-PIVOT ¼ RIGHT-CROSS SHUFFLE

- 1 - 2 Rock R back, Recover on L
- 3 & 4 Step R forward, Lock L behind R, Step R forward
- 5 - 6 Step L forward, Turn ¼ right Step R in place
- 7 & 8 Cross L over R, Step R to side, Cross L over R

SECTION II. SIDE ROCK RECOVER-BEHIND-SIDE CROSS-SIDE-TURN ¼ LEFT AND BACK-COASTER STEP

- 1 - 2 Rock R to side, Recover on L
- 3 & 4 Cross R behind L, Step L to side, Cross R over L

- 5 - 6 Step L to side, Turn ¼ left Step R in place
7 & 8 Step L back, Close R beside L, Step L forward

SECTION III. PRISSY WALK-OUT JUMP-HITCH-SIDE AND HIP BUMP-SIDE-BESIDE TOUCH

- 1 - 2 Cross R over L, Cross L over R
&3-4 Slightly Jump R to side, Slightly Jump L to side, Hitch your R
5&6 Touch R to side and hip Bump, Push Hip to left, Step R to side and Hip Bump right
7 - 8 Step L to side, Touch R beside L

SECTION IV. ROCK RECOVER-VOLTA TURN-TOUCH-BESIDE-TOUCH-BESIDE-FORWARD-HITCH

- 1 - 2 Rock R forward, Recover on L
3 & 4 Turn ½ right Step R forward, Ball L behind R turning ½ right, Step R in place
5 & 6 Touch L slightly forward, Close L beside R, Touch R slightly forward
&7-8 Close R beside L, Step L forward, Hitch your R

PART C.

SECTION I. DIAMOND

- 1 - 2& Step R to side, Turn 1/8 left Back walk L-R
3 - 4& Turn 1/8 left Step L to side, Turn 1/8 left Walk R-L
5 - 6& Turn 1/8 left Step R to side, Turn 1/8 left Back Walk L-R
7 - 8& Turn 1/8 left Step L to side, Turn 1/8 left Walk R-L

SECTION II. BASIC NIGHT CLUB-SIDE TOUCH-CROSS-SIDE TOUCH

- 1 - 2& Squaring to front Step R to side, Cross L slightly behind R, Cross R over L
3 - 4& Step L to side, Cross R slightly behind L, Cross L over R
5 - 6 Touch R to side, Cross R over L
7 - 8 Touch L to side, Cross L slightly over R

SECTION III. JAZZ BOX

- 1 - 2 Cross R over L, Step L back
3 - 4 Step R to side, Step L forward

TAG : JAZZ BOX-SIDE-BALL-IN PLACE-SIDE-BALL-IN PLACE

- 1 - 2 Cross R over L, Step L back
3 - 4 Step R to side, Step L forward
5 & 6 Step R to side, Ball L beside R, Step R in place
7 & 8 Step L to side, Ball R beside L, Step L in place

Enjoy the dance,

Contact person :

bambang.1709@gmail.com

yumiko.takashi.78@gmail.com
