

Mendung Tanpo Udan

COPPER KNOB
BY STEPHENETS

拍數: 48 牆數: 4 級數: Phrased Improver
編舞者: Neneng Dancer (INA), Henny Ko (INA) & Irene Elsy (INA) - September 2021
音樂: Mendung Tanpo Udan - Safira Inema



Start on : Start On Music

Sequence :

*1st A BBB Tag B Tag B Tag

*2nd A BBB Tag B Tag

*3rd A - 4th A - Coda

A

S1. STEP DIAGONAL FORWARD,

1 - 8 Step R to diagonal forward

(1 - 4 : R hands up from hip to head, 5 - 6 : hands down from head to hip)

S2. DIAGONAL FORWARD

1,2, 3, 4 Step R diagonal forward, step L beside R, step R diagonal forward, step L beside R

5, 6,7,8 Step R diagonal forward, step L beside R, step R diagonal forward, step L beside R

(1 - 4 : wipe the head with your R hand from top down to neck, chest, stomach, 5 - 8 : clenched fingers & both of hands parallel in front of chest, R up, L down - center- R up, L down - center)

S3. STEP TO SIDE, SHOULDER ROLL, KICK

1 - 3 Step L to side, shoulder roll to L

4 Kick R diagonal forward

5 - 7 Shoulder Roll to R

8 Kick L diagonal forward

S4. STEP IN PLACE, TOE STRUT FORWARD

1 - 4 Step in place L - R - L - R

5 - 6 Touch L toe forward (with R hands straight in front of chest) - Step L beside R

7 - 8 Touch R toe forward - Step R beside L (with L hands straight in front of chest)

S5. STOMP, HOLD, BODY ROLL FROM L - BACK - R

&1 - 8 Stomp both of your leg to side (hold), Body Roll from L - back - R

S6. BOTH YOUR LEG TO SIDE, CLAPS UP & DOWN, BODY MOVE R - L - R

1 - 4 Claps up - Claps down to L side - Claps up - Claps down to R side

5 - 8 Touch R hand to chest, Straight L hand to side - Move body to R - L - R

S7. STEP TO SIDE, TOUCH

1 - 4 Step L to side - step R together - Step L to side - Touch R beside L (with L hand straight to side, R hand make circle in front of chest)

5 - 8 Step R to side - step L together - Step R to side - Touch L beside L (with R hand straight to side, L hand make circle in front of chest)

*** After 4th Part A, repeat S7

S8. WALK (3 Type)

Type 1 - 1st & 4th Part A (Full Turn)

1 - 8 Turn 3/8 L, Step L forward - Hold - Turn 3/8 L, Step R forward - Hold - Turn 1/4 L, Step L forward - Hold - Step R beside L - Hold

Type 2 - 2nd Part A (3/4 Turn)

1 - 8 Turn ¼ L, Step L forward - Hold - Turn ¼ L, Step R forward - Hold - Turn ¼ L, Step L forward - Hold - Step R beside L- Hold

Type 3 - 3rd Part A (1/2 Turn)

1 - 8 Turn 1/8 L, Step L forward - Hold - Turn ¼ L, Step R forward - Hold - Turn 1/8 L, Step L forward - Hold - Step R beside L- Hold

B

S1. SIDE, TOGETHER, SIDE, TOUCH

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

5, 6, 7, 8 Step L to side - Step R together - Step L to side - Touch R beside L

S2. TOE STRUT, SWAY

1, 2, 3, 4 Touch R toe to side - Drop R heel - Touch L toe to side - Drop L heel

5. 6, 7, 8 Sway R - L - R - L

S3. TOE STRUT FORWARD

1, 2, 3, 4 Touch R toe forward - Drop R heel - Touch L toe forward - Drop L heel

5, 6, 7, 8 Touch R toe forward - Drop R heel - Touch L toe forward - Drop L heel

S4. WALK BACK, JAZZBOX

1, 2, 3, 4 Walk back R - L - R - L

5, 6, 7, 8 Cross R over L - Step L back - Turn ¼ R, Step R to side - Cross L over R

TAG : V- STEP, MAMBO SIDE

1 - 4 Step R diagonal forward - Step L diagonal forward - Step R back to center - Step L together

5 & 6 Rock R to side - Recover on L - Step R together

7 & 8 Rock L to side - Recover on R - Step L together

Enjoy the dance !!!

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