

拍數: 32 牆數: 4 級數: Intermediate 編舞者: Shirley Bang (MY) & Penny Tan (MY) - December 2021

音樂: Water (Long version) - Naïka



Dance start from vocal "Seminar" (app. 6 seconds into track)

Tags (3X) / 1 Restart

TAG (4 Counts): At the end of W2 & W4 add tag (facing 6:00 & 12:00) TAG (4 Counts): W7 after 16C, add tag and restart the dance(facing 3:00)

TAG (4 Counts):STEP OUT(R-L), SWIVELS TOES IN, HEELS IN, TOES IN, HEELS IN

1-2 Stomp RF out to R side, stomp LF out to L side

Twist both toes in, twist both heels in, twist both toes in ,twist both heels in

SEC1: TOUCH WITH HIP BUMPS, BEHIND, SIDE, CROSS, SYNCOPATED ROCKING CHAIR, 1/4 TURN L CROSS SAMBA

1-2 Touch R fwd with hip bumps from L to R (X2)

3&4 Cross RF behind LF, step LF to L side, cross RF over LF 5&6& Rock LF fwd, recover on R, rock LF back, recover on R

7&8 1/4 turn L, cross LF over RF, step RF to R side, recover on L (9:00)

SEC2:CROSS,SIDE, SAILOR STEP, CROSS SAMBA, BACK, TOGETHER

1-2 Cross RF over LF, step LF to L side

3&4 Sweep RF behind LF, step LF next to RF, step RF to R side (or diagonally fwd)

5&6 Cross LF over RF, step RF to R, recover Lf on L

7-8 Step RF back, step back LF beside RF

SEC3:HITCH ,DIAGONALLY FWD SHUFFLE(R-L),HITCH,DIAGONALLY BACK SHUFFLE(R-L)

&1&2 Hitch RF ,diagonally fwd shuffle R-L-R
&3&4 Hitch LF , diagonally fwd shuffle L-R-L
&5&6 Hitch RF , diagonally back shuffle R-L-R
&7&8 Hitch LF , diagonally back shuffle L-R-L

SEC4:1/2 TURN JAZZ BOX, V STEP

1-4 Cross RF over LF, ¼ turn R, step LF back (12:00),¼ turn R, step RF to R side ,step LF fwd

(3:00)

5-8 Step RF out diagonally, step LF out diagonally, step RF back to centre, step LF back next to

RF

Have fun and happy dancing!

Contact:

pennytanml@hotmail.com shirleybsl@hotmail.com