

Mendung Tanpo Udan

拍數: 64 牆數: 0 級數: Improver
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音樂: Mendung Tanpo Udan - Safira Inema



Sequence : Intro/Variation Step (VS), VS, 64, 40, 40, 40, VS, VS, 64, 40, 40, VS, VS, VS, VS, Ending (repeat from S3 on Variation Step).

S 1. RIGHT SIDE, TOGETHER, RIGHT SIDE, CLOSE, LEFT SIDE, TOGETHER, LEFT SIDE, CLOSE

1 2 3 4 Step RF to R side, close LF next to RF, step RF to R side, close LF beside RF

5 6 7 8 Step LF to L side, close RF next to LF, step LF to L side, close RF beside LF

S 2. REPEAT S1.

S 3. ROCKING CHAIR, PADDLE TURN 1/2 L.

1 2 3 4 Rock RF forward, recover onto LF, rock back RF, recover onto LF

5 6 7 8 Turn 1/4 L rocking R ball to R, recover onto LF, turn 1/4 L rocking R ball to R, recover onto LF.

S 4. REPEAT S3

S 5. R SIDE DIAGONAL, L SIDE DIAGONAL

1 2 3 4 Step RF to R diagonal, close LF next to RF, step RF to R diagonal, close LF beside RF.

5 6 7 8 Step LF to L diagonal, close RF next to LF, step LF to L diagonal, close RF beside LF.

S 6. SINGLE BACK DIAGONAL R-L 2X

1 2 3 4 Step back RF to R diagonal, close LF next to LF. Step back LF to L diagonal, close RF next to RF.

5 6 7 8 Step back RF to R diagonal, close LF next to LF. Step back LF to L diagonal, close RF next to RF.

S 7. (Repeat S5).

S 8. (Repeat S6).

Intro/Variation Step (VS)

S 1 : STEP LF DIAGONAL WITH FINGER FLICK, RF DIAGONAL WITH FINGER FLICK

1 - 4 Step LF diagonal with stom heel and finger flick from down to up

5 - 6 Step RF diagonal with stom heel and finger flick from down to up

S 2 : BODY CIRCLE LEFT TO RIGHT, SWING RIGHT HAND, BODY CIRCLE LEFT TO RIGHT

1 - 4 Body circle left to right with swinging right arm around the head from left to right.

5 - 6 Body circle L to R, right and left hands spread wide open

S 3. STEP LF TO LEFT SIDE, HOLD, STEP RF TO RIGHT SIDE, HOLD, 2X.

1 2 Step LF to L side with push your elbows to the left in front of your chest, hold.

3 4 Step RF to R side with push your elbows to the right in front of your chest, hold.

5 6 Step LF with push left hand forward, hold.

7 8 Step RF with push right hand forward, hold.

S 4. HIP ROLL L TO R, HIP ROLL R TO L.

1 2 3 4 Swing around the waist from left to right

5 6 7 8 Swing around the waist from right to left

ENDING : S3 and S4 from Variation Step.
