

Ramadhan Is Here

拍數: 88 牆數: 2 級數: Phrased Improver
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音樂: Ramadan is Here - Raef



Intro : 16 count, start on vocal

Sequence : AAB Tag 1 AAB Tag 1 C AAB Tag 2 BB

Phrased A : 32 count

Sec 1 : CROSS R AND SAILOR STEP, CROSS L AND SAILOR STEP

1 - 2 Rf cross over Lf, step Lf to left
3&4 step Rf behind Lf, step Lf to left side, step Rf to right side
5 - 6 Lf cross over Rf, step Rf to right
7&8 step Lf behind Rf, step Rf to right, step Lf to left

Sec 2 ROCK FORWARD RECOVER, TRIPLE 1/2 TURN 2 x, ROCK BACKWARD RECOVER

1 - 2 Rf rock forward, recover on Lf
3&4 triple steps 1/2 turn to right on Rf.Lf, Rf
5&6 triple steps 1/2 turn to right , step back Lf, Rf Lf
7 - 8 rock back Rf, recover on Lf

Sec 3 : STEP FORWARD TOUCH 2 X, FORWARD RECOVER TURN 1/4, SHUFFLE

1 - 2 step forward Rf, Lf touch to left
3 - 4 step forward Lf, Rf touch to right
5 - 6 Rf rock forward, recover on Lf
7&8 turn 1/4 right shuffle on Rf,Lf,Rf

Sec 4 WEAVE TURN 1/4 RIGHT, ROCKING CHAIR

1 - 2 cross Lf over Rf, Rf to right
3&4 step Lf behind Rf, step Rf 1/4 turn to right, step Lf forward
5 - 6 rock Rf forward, recover on Lf
7 - 9 rock Rf backward, recover on Lf

Phrased B (32 Count)

Sec 1 STEP SIDE & TOUCH 2x, CHASSE, BACK RECOVER

1 - 2 Step RF to R, touch LF next to RF
3 - 4 Step LF to L, touch RF next to LF
5 & 6 Step RF to R, close LF next to RF, step RF to R
7 - 8. Rock LF behind RF, recover onto RF

Sec 2 STEP SIDE & TOUCH 2x, CHASSE, BACK RECOVER

1 - 2 Step LF to L, touch RF next to LF
3 - 4 Step RF to R, touch LF next to RF
5 & 6 Step LF to L, close RF next to LF, step LF to L
7 - 8. Rock RF behind LF, recover onto LF

Sec 3 DIAGONAL SHUFFLE RL, V-STEP

1 & 2 Step RF diagonal forward to R, close LF next to RF, step RF diagonal forward to R
3 & 4 Step LF diagonal forward to L, close RF next to LF, step LF diagonal forward to L
5 - 6. Step RF diagonal to R, step LF diagonal to L
7 - 8. Step RF back to center, close LF next to RF

Sec 4. STEP FORWARD, PIVOT 1/2 L, SHUFFLE FORWARD, STEP FORWARD, PIVOT 1/2 R, SHUFFLE

FORWARD

- 1 - 2. Step RF forward, pivot 1/2 L weigh on LF
- 3&4. Step RF forward, closed LF next to RF, step RF forward
- 4 - 5. Step LF forward, pivot 1/2 R weigh on RF
- 7&8. Step LF forward, closed RF next to LF, step LF forward

Phrased C (24 Count)

Sec 1 STEP SIDE 2x RL

- 1 - 2. Step RF to R, closed LF next to RF
- 3 - 4. Step RF to R, touch LF next to RF
- 5 - 6. Step LF to L, closed RF next to LF
- 7 - 8. Step LF to L, touch RF next to LF

Sec 2 WALK 2x WITH TURN, SHUFFLE FORWARD

- 1 - 2. Step RF forward, Step LF forward turn 1/4 L
- 3&4. Step RF to R, close LF next to RF, step RF forward
- 5 - 6. Step LF forward, Step RF forward turn 1/4 L
- 3&4. Step LF to L, close RF next to LF, step LF forward

Sec 3 WALK 2x WITH TURN, SHUFFLE FORWARD

- 1 - 2. Step RF forward, Step LF forward turn 1/4 L
- 3&4. Step RF to R, close LF next to RF, step RF forward
- 5 - 6. Step LF forward, Step RF forward turn 1/4 L
- 3&4. Step LF to L, close RF next to LF, step LF forward

TAG 1 (4 count)

Sway RL

- 1 - 2. Sway R hip to R, sway L hip to L
- 3 - 4. Repeat (1 - 2)

TAG 2 (8 count)

Step Side & touch behind RL 2x

- 1 - 2. Step RF to R, touch LF behind RF
- 3 - 4. Step LF to L, touch RF behind LF
- 5 - 6. Repeat (1-2)
- 7 - 8. Repeat (3-4)

Finish, happy dancing
