

Pepeha

拍數: 48 牆數: 2 級數: Improver
編舞者: Alida Ho (NZ) - May 2022
音樂: Pepeha - SIX60 : (music available on Spotify)



Introduction: Start on vocals "Ko Mana" about 3 seconds in.

SEC. 1: FORWARD WALTZ BOX ON LF, TURNING ¼ LEFT

1,2,3 Step forward on LF, step right on RF, together,
4,5,6 step back on RF, step ¼ left on LF, together. (9.00)

SEC. 2: REPEAT THE WALTZ BOX WITHOUT TURNING

1,2,3 Step forward on LF, step right on RF, together,
4,5,6 Step back on RF, step left on LF, together.

SEC. 3: STEP LOCK STEP, STEP LOCK STEP

1,2,3 Step forward diagonally on LF, lock RF behind LF, step forward on LF,
4,5,6 Step forward diagonally on RF, lock LF behind RF, step forward on RF.

SEC. 4: FORWARD, TAP BEHIND, HOLD, BACK, HOOK LEFT IN FRONT, HOLD

1,2,3 Step forward on LF, tap RF behind left, HOLD,
4,5,6 step back on RF and hook LF in front of right, HOLD.

SEC. 5: STEP, SWEEP RF, STEP, SWEEP LF

1,2,3 Step forward on LF, sweep RF forward over 2 counts,
4,5,6 Step forward on RF, sweep LF forward over 2 counts.

SEC. 6: FORWARD ROCK RECOVER, 1/4 TURN LEFT, CROSS, SIDE, TOGETHER

1,2,3 Step forward on LF, rock recover, turn ¼ left,
4,5,6 Cross RF over left, step LF to side, together. (6.00)

SEC. 7: BASIC FORWARD WALTZ STEP, BASIC BACKWARD WALTZ STEP

1,2,3 Step forward on LF, together, step back on LF,
4,5,6 Step back on RF, together, step forward on RF.

SEC. 8: STEP LEFT, SWAY, SWAY, STEP RIGHT, SWAY, SWAY

1,2,3 Step LF to the left, sway hips to left over 2 counts to the left,
4,5,6 Step RF to the right, sway hips to right over 2 counts.

ENDING: When the music starts slowing down near the end, dance up to (and include) the first 3 COUNTS of SECTION 6, (you will be facing 3.00), ending with RF crossed over left to end up facing 12.00 to finish the dance.

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