

Bendera

拍數: 72 牆數: 4 級數: Phrased High Beginner
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音樂: Bendera - Cokelat : (Album: Rasa Baru)



Sequence : AABB ABBC BBBB (24Count) ABBC BBB

Intro : 32 count

A : 16 Count

Sec I : WALK FORWARD RLR KICK, WALK BACKWARDS RLR, TOUCH

1-2 Step RF forward, step LF forward
3-4 Step RF forward, kick LF forward
5-6 Step LF backward, step RF backward
7-8 Step LF backward , touch RF next to LF

Sec II : DIAGONAL FORWARD RL, DIAGONAL BACKWARD RL

1-2 Step RF diagonal forward to R, touch LF next to RF
3-4 Step LF diagonal forward to L, touch RF next to LF
5-6 Step RF diagonal backward to LR touch LF next to RF
7-8 Step RF diagonal backward to L, touch RF next to LF

B : 32 Count

Sec I : SINGLE STEP RL, DOUBLE STEP R

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
7-8 Step RF to R, close LF next to RF

Sec II : SINGLE STEP LR, DOUBLE STEP L

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

Sec III: V STEP, MONTEREY TURN 1/4R

1-2 Step RF diagonal to R, Step LF diagonal to L
3-4 Step RF backward , close LF next to RF
5-6 Touch RF to R, Turn 1/4 R, close RF next to LF
7-8 Touch LF to L, close LF next to R

Sec IV : TOUCH HEEL RL, HITCH RL

1-2. Touch R Heel , step RF in place
3-4 Touch L Heel , step LF in place
5-6. Hitch RF , step RF in place
7-8. Hitch LF , step LF in place

C : 24 Count

Sec I : CROSS ROCK, CHASSE RL

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

Sec II : ROCKING CHAIR, STEP FORWARD, PIVOT TURN 1/2L, STOMP RL

- 1-2 Rock RF forward, recover onto LF
- 3-4 Rock RF backward, recover onto LF
- 5-6 Step RF Forward, turn 1/2 L weigh on LF
- 7-8 Stomp RF Forward, stomp LF next to RF

Sec III : ROCKING CHAIR, STEP FORWARD, PIVOT TURN 1/2L, STOMP RL

- 1-2 Rock RF forward, recover onto LF
- 3-4 Rock RF backward, recover onto LF
- 5-6 Step RF Forward, turn 1/2 L weigh on LF
- 7-8 Stomp RF Forward, stomp LF next to RF

FINISH, ENJOY☐

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