

Nadion Paar

拍數: 32 牆數: 4 級數: High Beginner
編舞者: Asbar Kaltim (INA) - August 2022
音樂: Nadiyon Paar (Let the Music Play Again) - Sachin-Jigar, Rashmeet Kaur, Shamur & IP Singh



tag : wall 2 wall 5 & wall 8 by doing hip bump R/L/R/L 4 count
restart : wall 4 after 16 count

I. BOTAFOGO, ROCK BACK, IN PLACE

1a2 Cross Rf over Lf, Rock Lf to left side, Recover on Rf
3a4 Cross Lf over Rf, Rock Rf to right side, Recover on Lf
5&6 Rock back on Rf, Recover on Lf, Step Rf in place
7&8 Rock back on Lf, Recover on Rf, Step Lf in place
(5-8 : doing with bounce)

II. ROCK SIDE, CROSS SHUFFLE, ROCK SIDE, BEHIND, SIDE, CROSS

1-2 Rock Rf to right side, Recover on Lf
3&4 Cross Rf over Lf, Step Lf to left side Cross Rf over Lf
5-6 Rock Lf to left side, Recover on Rf
7&8 Cross Lf behind Rf, Step Rf to right side, Cross Lf over RF

III. SAMBA WHISK, 1/4 TURN RIGHT, 1/2 TURN RIGHT VOLTA

1a2 Step Rf to right side, Rock Lf behind RF, Recover on Rf
3a4 1/4 turn right Step Lf to left side, Rock Rf behind Lf, Recover on Lf
5&6 1/8 Step Rf forward, Step Lf beside RF, 1/8 turn right step Rf forward, Step Lf beside Rf
7&8 1/8 turn right step Rf forward, Step Lf beside Rf, 1/8 turn right step Rf forward

IV. FORWARD, FULL SPIRAL TURN, FORWARD SHUFFLE, KICK FORWARD, BATUCADAS

1-2 Step Lf forward, Step Rf forward and make full spiral turn
3&4 Step Lf forward, Step Rf beside Lf, Step Lf forward
&5-6 Kick Rf forward, Step back on Rf and bump L hip, Step back on Lf and bump R hip
7-8 Step back on Rf and bump L hip, Step Lf beside Rf
