

Akar (Aku Kangen Aku Rindu)

COPPER KNOB
BY STEPHEN

拍數: 32 牆數: 4 級數: Improver
編舞者: Conny Cleo (INA) - August 2022
音樂: Aku Kangen Aku Rindu - Alexa Key



Restart : 3 x – (After wall 4, 6, 10)

INTRO DANCE – 16c

SEC 1 : STEP RF OVER LF - STEP LF TO SIDE - COASTER STEP (DIAGONAL) - STEP LF OVER RF - STEP RF TO SIDE COASTER STEP (DIAGONAL)

1 - 2 Step RF over LF, Step LF to side
3 & 4 Step RF back, Step LF beside RF, Step RF forward
5 - 6 Step LF over RF, Step RF to side
7 & 8 Step LF back, Step RF beside LF, Step LF forward

SEC 2 : JAZZ BOX CROSS – DRAG – BASIC SAMBA

1 2 3 4 Cross RF over LF, Step LF back, Step RF to R, Step LF over RF
5 - 6 Long step R to R side, Touch LF beside RF
7 - 8 Step LF in place, Step RF beside LF, Step LF in place

MAIN DANCE: 32c

SEC 1 : KICK BALL TOUCH SIDE – TWIST – SWIVELL – ANCHOR STEP

1 & 2 Kick RF, Step RF in place, Touch LF to L
3 & 4 Twist both heel Left, Recover, Twist both heel Left
5 & 6 Step RF back, Recover on LF, Recover on RF
7 & 8 Step LF back, Recover on RF, Recover on LF

SEC 2 : CROSS MAMBO – BOTAFOGO – FORWARD MAMBO

1 & 2 & Rock cross RF over LF, Recover on LF, Step RF to R, Step LF in place
3 & 4 Cross RF over LF, Step ball LF to L, Step RF in place
5 & 6 Cross LF over RF, Step ball RF to R, Step LF in place
7 & 8 Rock RF forward, Recover on LF, Step RF back

SEC 3 : FLICK – PRISSY WALK – OUT-OUT – TURN ½ - CROSS MAMBO

1 Bend your leg back
2 & 3 Step RF forward slightly in front of LF, Step LF forward slightly in front of RF
& 4 Step RF to R, Step LF to L
5 - 6 Step RF to Left ½ turn, recover
7 & 8 Rock cross RF over LF, Recover on LF, Step RF to R

SEC 4 : HEEL – TAPS BEHIND – PONY STEP - HITCHES

1 & 2 Touch Left heel forward, step LF beside R, Touch Right heel forward
3 - 4 Step RF to R, Tap LF toes behind R
& 5 Step LF to L, Touch RF beside LF
& 6 Step RF to R, Touch LF beside RF (1/4 Turn)
7 & 8 Step LF to L, Tap RF toes behind Left, hitching left knee

ENJOY THE DANCE

For more info contact me : Connygisella72@gmail.com