

Sah Sah

拍數: 60 牆數: 1 級數: Phrased Improver
編舞者: Ayek Lesmana (INA) - October 2022
音樂: Sah Sah - Nancy Ajram & Marshmello



Sequence : A B B A B Tag B A B B
Start on Vocal

PART A : 28 Count

A1. OUT OUT – IN IN - JAZZ BOX TOUCH

&1 – 2 Step out R to side (&), Step out L to side (1), Hold (2)
&3 – 4 Step in R back to center (&), Close L beside R (3), Hold (4)
5 - 6 Cross R over L (5), Step L back (6)
7 – 8 Step R to side (7), Touch L forward (8)

AII. PUSHING HIPS

&1 – 2 Pushing hips up (&), Pushing hips down (1), Hold (2)
&3 – 4 Pushing hips up (&), Pushing hips down (3), Hold (4)
5 - 6 Pushing hips forward (5), Pushing hips back (6)
7 – 8 Pushing hips forward (7), Pushing hips back (8)

AIII. 1/8 TURN RIGHT – BACK STEP – CLOSE – HOLD - HIP SWAY – PIVOT ½TURNx2

&1 – 2 Turn 1/8 right Step L back (&), Close R beside L (1), Hold (2) .. (1:30)
3 – 4 Sway hip to right (3), Sway hip to side (4) Option : Figure 8
5 - 6 Step R forward (5), Turn ½ left Step L in place(6)
7 – 8 Step R forward (7), Turn ½ left Step L in place (8)

AIV. 1/8 TURN LEFT – SIDE STEP – HITCH WITH HIPS – BACK STEP – TOUCH WITH HIPS

1 – 2 Turn 1/8 left Step R to side (1), Hitch L pushing hips up (2)
3 – 4 Step L back (3), Touch R beside L pushing hips up (4)

PART B : 32 Count

BI. DOROTHY – ROCK – RECOVER – COASTER STEP

1 – 2& Step R diagonal forward (1), Lock L behind R (2), Step R diagonal forward (&)
3 – 4& Step L diagonal forward (3), Lock R behind L (4), Step L diagonal forward (&)
5 – 6 Step R forward (5), Recover on L (6)
7&8 Step R back (7), Close L beside R (&), Step R forward (8)

BII. FORWARD STEP – ½ TURN LEFT – BACK STEP – COASTER STEP – SKATE

1 – 2 Step L forward (1), Turn ½ left Step R back (2)
3&4 Step L back (3), Close R beside L (&), Step L forward (4)
5 – 6 Skate R diagonal forward (5), Skate L diagonal forward (6)
7 – 8 Skate R diagonal forward (7), Skate L diagonal forward (8)

BIII. SIDE TOUCH – CLOSE – SIDE TOUCH – CLOSE – SIDE TOUCH - HITCH – DOWN – SAMBA WHISK

1&2& Touch R to side (1), Close R beside L (&), Touch L to side (2), Close L beside R (&)
3&4 Touch R to side (3), Hitch R over L (&), Step R down (4)
5 a6 Step L to side (5), Ball R slightly behind L(a), Step L in place (6)
7 a8 Step R to side (7), Ball L slightly behind R (a), Step R in place (8) (weight on R)

BIV. STEP WITH HITCH – IN PLACE - BACK STEP – STEP WITH HITCH –IN PLACE – BACK STEP - BACK MAMBO - WALK

1&2 Step L back Lift R knee (1), Step R in place (&), Step L slightly back Lift R knee (2)

3&4 Step R back Lift L knee (3), Step L in place (&), Step R slightly back Lift L knee (4)
5&6 Step L back (5), Recover on R (&), Step L forward (6)
7 – 8 Step R forward (7), Step L forward (8)

TAG : HIP BUMP (8 Count) “follow the beats”

1&2 Hip bump R (1), Hip bump L (&), Hold (2)
&3 – 4 Hip bump R (&), Hip bump L (3), Hip bump R (4)
5&6 Hip bump L (5), Hip bump R (&), Hold (6)
&7 – 8 Hip bump L (&), Hip bump R (7), Hip bump L (8)

Enjoy the dance...

Contact : ayeklesmana@gmail.com
