

Kepada Hati

拍數: 32 牆數: 4 級數: Intermediate NC2S
編舞者: Rarayanti Marwan (INA) - October 2022
音樂: Kepada Hati - Cakra Khan



Start the dance with your Left Foot.

S1 : Cross, Side, Rec., Cross, R Full Turn to Left, 1/8 R Turn 3x Run backward, Back, Side

1 2& Cross L over R, Step R side on R, Recover on L
3 4& Cross R over L, ¼ R Turn stepping back on L, ½ R Turn Step R forward (09.00)
5 6& ¼ R Turn step L side on L, 1/8 R Turn Run R backward, Run L backward (01.30)
7 8& Run R backward, Step L backward, 1/8 R Turn Step R side on R (03.00)

S2 : Cross, Rec., Side, Cross, Rec., Side, L Rocking Chair

1 2& Cross L over R, Recover on R, Step L side on L
3 4& Cross R over L, Recover on L, Step R side on R

***Restart here during wall 6**

5 6 Step L forward, Recover on R
7 8 Step L backward, Recover on R

S3 : ¾ R Spiral Turn, Side, Cross, RL Side & Sway, RL Basic Night Club

1 2& Step L forward & make ¾ R Spiral Turn, Step R side on R, Cross L over R (12.00)
3 4 Step R side on R and sway R hip, Step L side on L and sway L hip
5 6& Step R side on R, Step L slightly behind R, Recover on R
7 8& Step L side on L, Step R slightly behind L, Recover on L

***Do only 2 counts bridge here, during wall 3, 5, 7, 8**

S4 : ¼ L Turn & Sweep, Behind, Side, Cross, 1/8 R Turn RLR Run3x Fwd, LRL Run3x Bwd, Recover on R

1 2& ¼ L Turn Step R side on R while sweeping left foot from front to back, Step L behind R, Step R side on R (09.00)
3 4& Cross L over R, 1/8 R Turn RL running forward (10.30)
5 6& R run forward, LR running backward
7 8 Run L backward, Recover on R while sweeping your left foot from back to front

And start the dance over again..

There is 1 restart in this dance, happens during wall 6.

There are 2 Tags after wall 2 and after wall 3, both are the same of counts

TAG [1 – 4] Jazz Box & sweep

1 2 Cross L over R, Step R back
3 4 Step L side on L, Cross R over L and sweep L from back to front

There are 4 bridges in the dance, happens during wall 3,5,7,8. Only 2 counts by swaying hips forward & backward. You just do dance until counts 24 (RL Basic NC), put the bridge, & easily continue to count 25 until finish. The music helps us easily to recognize them.

Bridge [1-2] Step R forward and sway R hip, Recover on L and sway L hip

Have fun, enjoy the dance ...

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