

Merege Hese

拍數: 72 牆數: 1 級數: Phrased Improver
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音樂: Merege Hese - Siti Badriah



PART A : 48 Count

PART B : 24 Count

BRIDGE : 4 Count

Sequence : A – B – B - A16 - B - B (bridge)-A-B-B-A

PART A :

Section 1 : Side, Cross Touch, Side, Cross Touch, (2x) RL

1234 Step RF to R, touch LF over RF, touch LF to L, touch LF over RF

5678 Step LF to L, touch RF over LF, touch RF to R, touch RF over LF

Section 2 : Chasse, Chasse Turn 1/4 L Side, Cross Touch, Side, Cross Touch (2x) R

1&2 Step RF to R, Close LF Next to RF, Step RF to R

3&4 Turn 1/4 L Stepping LF to L, Close RF next to LF, Step LF to L

5678 Step RF to R, touch LF over RF, touch LF to L, touch LF over RF

(On wall 4 after 16 count , restart here by turn 1/8 R and continue to part B)

Section 3 : Side, Cross touch, Side, Cross touch, Chasse, Chasse Turn 1/4 L

1234 Step LF to L, touch RF over LF, touch LF to L, touch RF over LF

5&6 Step RF to R, Close LF next to RF, Step RF to R

7&8 Turn 1/4 L stepping LF to L, Close RF next to LF, Step LF to L

Section 4 : Cross , Side Touch, Behind, Side Touch

1234 Cross RF over LF, touch LF to L, Cross LF over RF, touch RF to R

5678 Cross RF behind LF, touch LF to L, Cross LF behind RF, touch RF to R

Section 5 : Paddle Turn 1/4 L (2x), Jazz Box

12 Touch R Ball Fwd, Turn ¼ L Weight on LF

34 Touch R Ball Fwd, Turn ¼ L Weight on LF

5678 Cross RF over LF, Step LF back, Step RF to R, Step LF fwd

Section 6 : Sway RL (4x)

1-8 Sway RL RL RL RL

PART B :

Section 1 : Fwd Mambo, Back Mambo, Side Mambo (2x) RL

1&2 Step RF fwd, recover onto LF, Step RF back

3&4 Step LF back, recover onto RF, Step LF fwd

5&6 Step RF to R, recover onto LF, Close RF next to LF

7&8 Step LF to L, recover onto RF, Close LF next to RF

(On wall 6 after 8 counts, bridge 4 counts by hip bumps R-L-R-L)

Section 2 : Traveling Volta (2x) RL

1&2&3&4 Cross RF over LF, Step L ball to L, Cross RF over LF, Step L ball to L, Cross RF over LF,
Step L ball to L, Cross RF over LF

5&6&7&8 Cross LF over RF, Step R ball to R, Cross LF over RF, Step R ball to R, Cross LF over RF,
Step R ball to R, Cross LF over RF

Section 3 : Volta Turn 3/4 (2x) RL

1&2&3&4 Turn 1/4 R stepping R fwd, lock LF behind RF, Turn 1/4 R stepping RF fwd, lock LF behind RF, Turn 1/8 R stepping RF fwd, lock LF behind RF, Turn 1/8 R stepping RF fwd

5&6&7&8 Turn 1/4 L stepping LF fwd,lock RF behind LF, Turn 1/4 L stepping LF fwd, Lock RF behind Lf, Turn 1/8 L stepping LF fwd, lock RF behind LF, Turn 1/8 L stepping LF fwd

Last Update: 1 Dec 2022
