

Tanase

拍數: 32 牆數: 4 級數: Beginner
編舞者: Mirai Cici (INA) & Astrid (INA) - January 2023
音樂: Tanase (an Ambonese music)



SEC I : ROCK FORWARD , ROCK BACKWARD , SIDE ROCK , COASTER STEP TURN LEFT 1/4

1 - 4 Rf fwd rock (1), recover on Lf (2) Rf back ward (3) , reover On Lf (4)
5 -7&8 Rf to side rock (5) ,recover on Lf (6)Rf back on Lf 7) , Lf to side turn 1/4(&) ,Rf fwd (8)

SEC II : ROCK FWD ,BACKWARD SHUFFLE , ROCK BACKWARD , WALK (R-L)

1 - 2 Lf rock fwd (1), recover on Rf (2)
3 & 4 Lf backward (3) , Rf next to Lf(&) , Lf Backward (4)
5 - 6 Rf backward (5), recover on Lf (6)
7 - 8 Rf fwd (7) , Lf fwd (8)

Sec III : SHUFFLE STEP (R - L) , JAZZ BOX CROSS TURN RIGHT 1/4

1 & 2 Rf fwd (1) , Lf next to Rf (&) , Rf fwd (2)
3 & 4 Lf fwd (3) , Rf next to Lf (&) , Lf fwd (4)
5 - 6 Rf cross over Lf (5) , Lf back turn 1/4 to right
7 - 8 Rf to side (7) , Lf cross over Rf (8)

SEC IV : CASSE BOX

1 & 2 Rf to side (1) , Lf close to Rf (&) , Rf to side (2)
3 & 4 Turn 1/4 Left Lf to side (3) , Rf close Lf (&) , L to side (4)
5 & 6 Turn 1/4 Right Rf to side (5) , Lf Close Rf (&) , Step R to side (6)
7 & 8 Turn 1/4 Left Lf to side (7), Rf close Lf (&) , Lf to side (8)

3x Tag A , 1x Tag B , 1x tag C

*TAG A (after wall 4 , 11 , 12)

ROCKING CHAIR

1 - 4 Rf fwd (1) , recover on Lf (2) , Rf back (3) recover on Lf (4)

*TAG B (after wall 5)

SIDE ROCK , CROSS SHUFFLE (R-L) , TURN LEFT 1/2 , SHUFFLE STEP , TURN RIGHT 1/2 SHUFFLE STEP

1 - 2 Rf to side (1) , recover on Lf (2)
3&4 Rf cross over Lf (3) , Lf to side (&), Rf cross over Lf (4)
5 - 6 Lf to side (5), recover on Rf (6)
7 & 8 Lf cross over Rf (3) , Rf to side, Lf cross over Rf

1 - 2 Rf fwd (5) turn left 1/2 (6)
3 & 4 Rf fwd (7) , Lf close to Rf (&) ,Rf fwd (8)
5 - 6 Lf fwd (5) , turn right 1/2 (6)
7 & 8 Lf fwd (7) , Rf close to Lf (8)

*TAG C (after wall 9)

SIDE ROCK , CROSS SHUFFLE (R-L) , TURN 1/2 2X

1 - 2 Rf to side (1) , recover on Lf (2)
3 & 4 Rf cross over Lf (3) , Lf to side (&), Rf cross over Lf (4)
5 - 6 Lf to side (5), recover on Rf (6)
7 & 8 Lf cross over Rf (3) , Rf to side, Lf cross over Rf

1 - 2 Rf fwd (1) , turn left 1/2 (2)
3 - 4 Rf fwd (3) , turn left 1/2 (4)
