

# Lupa Nama Ingat Rasa

COPPERKNOB  
STEPSHEETS

拍數: 32                      牆數: 4                      級數: Improver  
編舞者: Anna (INA) - August 2022  
音樂: Lupa Nama Ingat Rasa - OKAAY



Restart I : On wall 3 (after 16 counts) - facing on 12 O'clock  
Restart II : On wall 7 (after 16 counts) - facing on 03 O'clock  
TAG I : 18 counts (after wall 5) - facing on 06 O'clock  
TAG II : 14 counts (after wall 10) - facing on 06 O'clock

Starting dance - Intro Music on vocal 32 counts.

## I. FORWARD ROCK (SWITCHED) - BACK LOCK

1 - 2 &                      Rock R forward, Recover on L, Close R together  
3 - 4                        Rock L forward, Recover on R  
5 & 6                        Step L backward, Lock R over L, Step L backward  
7 & 8                        Step R backward, Lock L over R, Step R backward

## II. SIDE ROCK - CROSS SUFFLE - SIDE ROCK - SAILOR STEP

1 - 2                        Rock L to left side, Recover on R  
3 & 4                        Cross L over right, Step R slightly to right side, Cross L over right  
5 - 6                        Rock R to right side, Recover on L  
7 & 8                        ½ Turn right Cross R behind left (facing on 06 O'clock), Close L beside right, Step R forward

## III. BOTAFOGO - POINT - HOOK - FWD

1 & 2                        Cross L over right, Step R to right side, Step L in place  
3 & 4                        Cross R over left, Step L to left side, Step R in place  
5 - 6                        Point forward on L, Point L to left side  
7 - 8                        Make ¼ Turn L with Hook on left (facing on 03 O'clock), Step L forward

## IV. PIVOT WITH FLICK - KICK FWD - POINT - SWITCHED HEELS FWD - BIG STEP - TOUCH

1 - 2                        Step R forward, Make ½ Turn L Step L forward with flick on right your foot (facing on 09 O'clock)  
3 & 4                        Kick R forward, Step R beside left, Point L to left side  
5 & 6 &                        Touch L Heel forward, Step L beside right, Touch R Heel forward, Step R beside left  
7 - 8                        Big Step forward on L , Touch R beside left

## TAG I : 18 Counts

### I. FWD - CLOSE TOGETHER - SYNCHOPATED OUT & IN - SIDE & HIPS BUMB

1 - 2                        Step R forward, Close L together  
& 3 & 4                        Step R to right side, Step L to right side, Step R back to center, Close L together  
5 - 6                        Step R to right side, Touch L to left side with Hip Bumps  
7 - 8                        Step L to left side, Touch R to right side with Hip Bumps

### II. BALL CROSS - MODIFIED MONTEREY - TOUCH - SIDE & HIP BUMBS - FREE STYLE (HAND STYLE)

& 1 - 2 - 3 - 4                      Close R beside left, Cross L over right, Point R to right side, Hold, ½ Turn R Touch R beside left  
5 - 6                        Step R to right side, Touch L to left side with Hip Bumps  
7 - 8                        Step L to left side, Touch R to right side with Hip Bumps  
9 - 10                        Free Style but you can move your hands or fingers freely follow the rhythm of the music  
(count : 1 - 2)

And Restart again....

**TAG II : 14 Counts**

**I. V - STEP - FWD - PIVOT - FWD - CLOSE TOGETHER**

- 1 - 2 - 3 - 4      Step diagonal forward on R, Step diagonal forward on L, Step R back on right, Step L beside right (back to centre)
- 5 - 6              Step R forward, ½ Turn L Step L forward (facing on 12 O' clock)
- 7 - 8              Step R forward, Close L together

**II. SIDE & HIP BUMPS - HIP ROLL**

- 1 - 2              Step R to right side, Touch L to left side with Hip Bumps
- 3 - 4              Step L to left side, Touch R to right side with Hip Bumps
- 5 - 6              Step R in place and Touch L with Hip Roll in a circle from left to right, Step L in place and Touch R and weight on left

**And Restart again...**

Thank you☐☐

Enjoy your dance

For more info about step sheet & song, please contact :  
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