

Dholena

拍數: 48 牆數: 4 級數: High Beginner
編舞者: Arisps (INA) - March 2023
音樂: India Dholena - Dansa Porto, Fandho RMXR (Remix terbaru 2023)



Restart : 1 (on wall 7, after 16 count) - No Tags

SECT : 1# VINE , ROCK SYNCOPATED - CROSS SHUFFLE - ROCK SYNCOPATED - CROSS SHUFFLE

1 - 2 step RF to side, step LF behind cross RF
3 - 4 step RF to side, cross LF fwd over RF, next to RF
5 - 6 rock RF side, step LF in place
7 - 8 Cross RF behind LF, Step LF to side, Cross RF over LF

SECT : 2# VINE , ROCK SYNCOPATED - CROSS SHUFFLE - ROCK SYNCOPATED - CROSS SHUFFLE

1 - 2 step RF to side, step LF behind cross RF
3 - 4 step RF to side, cross LF fwd over RF, next to RF
5 - 6 rock RF side, step LF in place
7 - 8 Cross RF behind LF, Step LF to side, Cross RF over LF

SECT : 3# MAMBO FWD AND BACK - SIDE MAMBO (R,L)

1 - 2 touch RF fwd, close RF next to LF
3 - 4 touch LF back, close LF next to RF
5 - 6 step RF to side, recover on LF, close RF next to LF
7 - 8 step LF to side, recover on RF, close LF next to RF

SECT : 4# ¼ PADDLE TURN, JAZZ BOX

1 - 2 step RF fwd, ¼ turn left change weight to LF
3 & 4 step RF fwd, ¼ turn left change weight to LF
5 - 6 ; cross RF over LF, step LF back
7 - 8 step RF to side, close LF next to RF

SECT : 5# SYNCOPATED WEAVE (R, L)

1 - 2 cross RF over LF, step LF to side
3 & 4 step RF diagonally back, close LF next to RF, step RF forward
5 - 6 cross LF over RF, step RF to side
7 & 8 step LF diagonally back, close RF next to RF, step LF forward

SECT : 6# BOTA FOGO, LOCK SHUFFLE BACK, COSTER STEP

1 & 2 cross RF over LF, step LF to side recover on RF
3 & 4 cross LF over RF, step RF to side recover on LF
5 & 6 step RF back lock LF forward RF, step RF back
7 & 8 step LF back, close RF next to LF, step LF forward

Last Update: 7 Apr 2023