

Barakallah

拍數: 112 牆數: 1 級數: Phrased High Beginner
編舞者: Tri Retno Sukeksi (INA) - April 2023
音樂: Baraka Allahu Lakuma (Live & Acoustic) - Maher Zain : (The Best of)



Intro 32 Count - Dance start after 16 Count

INTRO. (4x8 = 32 count)

VINE , ROLLING VINE WITH CLAP.

- 1-2-3-4 Step RF to Right, Cross LF behind RF, Step RF to Right, Touch LF beside RF while clap.
5-6-7-8 Reverse.
1-2-3-4 1/4 Turn Right Step RF forward, 1/2 Turn Right step LF back, 1/4 turn Right Step RF to Right,
Touch LF beside RF while clap.
5-6-7-8. Reverse.

Repeat step (2x8) above.

A. (4x8 = 32 count).

HEEL FAN, CAMEL STEP.

- 1-8 Heel Fan (Swivel RF heel to Right-Left) Repeat for 8 count.
1-8 Heel Fan (Swivel LF heel to Left-Right) Repeat for 8 count.
1-8 Camel step to right (Step RF to Right, Step LF behind RF (Bending RF knee.) Repeat for 8
count.
1-8 Camel step to left (Step LF to Left, Step RF behind LF (Bending LF knee). Repeat for 8
count

B : (4x8 = 32 count)

SIDE BUMP SIDE.ROLLING VINE

- 1-2 Step RF to right side, Bump L hip
3-4 Step LF to left side, Bump R hip
5-6-7-8 1/4 Turn Right Step RF forward, 1/2 Turn Right, Step LF back, 1/4 turn Right Step RF to
Right, Touch LF beside RF

Reverse step from 1-8.

Repeat step (2x8) above.

Tag : (2x8 = 16 count)

CROSS, TOUCH, STEP BACK, TOUCH.

- 1-2-3-4. (1)Cross touch RF over LF ,(2) touch RF beside LF. (3-4) Repeat (1-2)
5-6- RF back, LF touch side
7-8 LF back, RF touch side

Repeat step 1- 8.

C. (4x8 = 32 count)

CROSS TOUCH, BOTAFOGO, ROCK STEP, COASTER STEP.

- 1-2 (1) RF touch cross over LF (2) RF touch beside LF
3&4. Cross RF over LF, step LF beside RF, step RF in place.
5-6 (5) LF touch cross over RF, (6) LF touch beside RF
7&8 Cross LF over RF, step RF beside LF, step LF in place

1-2. Rock RF forward Recovery on LF.
3&4 Step RF back, Step LF beside RF, Step RF forward
5-6 Rock LF forward ,recovery on RF.

7&8 Step LF back, Step RF beside LF, Step LF forward.

Repeat step (2x8) above

Happy Dancing for Healthy
