

Aduh

拍數: 32 牆數: 4 級數: Improver
編舞者: Nicky Tan (MY) - April 2023
音樂: ADUH - Douglas Lim & SonaOne



Do INTRO after 16 counts, then proceed into main dance.

INTRO (16 counts)

WALK RL - RIGHT MAMBO – LEFT MAMBO – BACK - BACK

1-2 Step RF forward (1), Step LF forward (2) 12:00
3&4 Rock RF to Right (3), Recover on LF (&), Step RF together (4) 12:00
5&6 Rock LF to Left (5), Recover of RF (&), Step LF together (6) 12:00
7-8 Step RF back (7), Step LF back and slightly Lift RF off floor (8) 12:00

OUT-OUT-IN-IN - R BRUSH-HITCH - TOUCH R BACK - BEND KNEES & UP AGAIN

1-2 Step RF diagonally forward (1), Step LF to Left (2) 12:00
3-4 Step RF back (3), Step LF together (4) 12:00
5&6 Brush RF (5), Hitch Right knee (&), Touch RF back (6) 9:00
7-8 Set weight on RF & slightly bend knees (7), Stand again with weight on LF (8) 9:00

DANCE STEPS

SECTION 1 [1-8]: WALK RL - RIGHT MAMBO - STEP BACK-TOE FAN LR - TRIPLE STEPS ½ TURN R

1-2 Step RF forward (1), Step LF forward (2) 12:00
3&4 Rock RF to Right (3), Recover on LF (&), Step RF together (4) 12:00
5 Step back on LF & fan R toe out (5) 12:00
6 Step back on RF & fan L toe out (6) 12:00
7&8 Step back on LF (7), Turn ½ Right & Step RF forward (&), Step LF forward (8) 6:00

SECTION 2 [9-16]: UNWIND ½ R - CROSS LF - SCISSOR STEP - STEP L – TOGETHER - L CHASSE

1 Unwind to Right on ball of feet ending with weight on RF (1) 12:00
2 Cross LF over RF (2) 12:00
3&4 Step RF to Right (3), Close LF together (&), Cross RF over LF (4) 12:00
5-6 Step LF to Left (5), Close RF together (6) 12:00
7&8 Step LF to Left (7), Close RF together (&), Step LF to Left (8) 12:00

SECTION 3 [17-24]: BALL-CROSS - STEP R - ¼ L STEP TOGETHER - R KNEE OUT-IN - DOROTHY STEP R, L

&1-2 Step on Ball of RF (&), Cross LF over RF (1), Step RF to Right (2) 12:00
3&4 Turn ¼ Left & Step LF together (3), Turn Right knee out (&), Return knee to original position (4) 9:00
5-6& Step RF forward (5), Lock LF behind RF (6), Step RF forward (&) 9:00
7-8& Step LF forward (7), Lock RF behind LF (8), Step LF forward (&) 9:00

SECTION 4 [25-32]: HIP BUMP TWICE R THEN L - R BRUSH-HITCH - TOUCH R BACK - BEND KNEES & UP AGAIN

&1-2 Step RF to side (&) Push Right hip to Right twice (1,2) 9:00
3-4 Push Left hip to Left twice (3,4) 9:00
5&6 Brush RF (5), Hitch Right knee (&), Touch RF back (6) 9:00
7-8 Set weight on RF & slightly bend knees (7), Stand again with weight on LF (8) 9:00