

Trauma

拍數: 40 牆數: 2 級數: Low Intermediate
編舞者: Indah Parahita (INA) - July 2023
音樂: Trauma (feat. Aan story) - Elsy



SECTION 1 .BASIC NC, ½ TURN R,SIDE ROCK,CROSS,STEP SIDE,TURN 1/2 L,TURN 1/4 L, WALK R,L
1,2,& Step RF to R, close LF behind RF slightly back cross RF over LF
3,4,& Step LF to L, ½ turn R step RF to R, LF cross over RF
5,&6 Step RF side rock recover, cross RF over LF
&7&8 Step LF to L, ½ turn L step RF to R, ¼ turn L step LF To L Step RF forward, step LF forward

SECTION 2. SWEEP, STEP BACK, TURN 1/2 R,FORWARD, ROCK FORWARD,STEP BACK,COASTER STEP,SWEEP,STEP L
1,2 Sweep RF over LF, strp LF back
&3&4 Turn 1/2 R RF Forward,Step LF Forward, Rock forward,RF recover on LF
5,6&7 Step RF back, step LF back step RF beside LF, Step LF forward
8& Sweep RF over LF, Step Lf to L

SECTION 3. ½ TURN R BASIC NC, BASIC NC, VINE, SIDE R , STEP R
1,2 & ½ Turn R Step RF to R, close LF behind RF slighly back, cross RF over LF
3,4 & Step LF to L, Close RF behind LF back, cross LF over RF
5,6 Step RF To R, Step LF behind RF
7,8 step side RF to R slightly, Close LF to RF

SECTION 4. WEAVE, ½ TURN R, CROSS , SIDE, CROSS , SIDE, CROSS
1&2& Cross RF over LF, Step LF to L, Turn ½ R , RF to R ctoss LF ovet RF
3,4 ,5 ,Step side RF to R, step LF in place Cross RF over LF
6,7,8 Step side LF to Lstep LF in place, Cross LF over RF

SECTION 5. FORWARD, ½ TURN L, FORWARD, ¼ TURN R, ½ TURN R, HIP SWAY
1,2,3 Step RF forward, ½ turn L LF forward, Step RF forward
4,5, ¼ turn R LF in place, ½ turn R RF to R
6,7,8 swing hip to L,R,L

TAG RESTART ON WALL 3 with Basic NC n HIP SWAY
1,2,& Step RF to R, Close LF behind RF, cross RF over LF
3,4,& Step LF to L,close RF behind Lf, cross LF over RF
5,6,7,8 Hip sway R,L,R,L

TAG RESTART ON WALL 5 HIP SWAY L.R.L.R N HOLD

Enjoy dancing n have fun.
Regard

Last Update: 12 Jul 2023