

Sumpah Cintaku

COPPER KNOB
STEPSHEETS

拍數: 48 牆數: 2 級數: Phrased Intermediate
編舞者: Chandrani Eilena Emmiyan (INA) - October 2023
音樂: Sumpah Cintaku - Yovie Widiyanto, Rio Febrian, Marcell, Hedi Yunus, Fatur & Dudy Oris



SEQUENCE: AA BC CC(4) A(15) BCC – Tag 1 (4) AA – Tag 2 (1) – CC CC C(5) C(5) C(5) – Tag 3 (4) C
(start from count 5)

TAGS :

Tag 1 (4 Counts) facing 6.00
Tag 2 (1 Count) facing 6.00
Tag 3 (4 Counts) facing 12.00

RESTARTS:

The 3rd Phrase C : after 4 counts
The 3rd Phrase A : after 15 counts with step change
The 10th, 11th, 12th Phrase C : after 5 counts

ENDING:

Phrase C (start from count 5)

Start the dance on vocal

PHRASE A (16 Counts)

Session A1 - DIAGONAL FWD WITH DRAG-BACK TO CENTER (R, L)

1-2 Step forward on R diagonally to right (1.30), Drag L towards R
3-4 Step L back to center & squaring to 12.00, Step R beside L
5-6 Step forward on L diagonally to left (10.30), Drag R towards L
7-8 Step R back to center & squaring to 12.00, Step L beside R

Session A2 - DIAGONAL SHUFFLE STEP (R, L)

1&2 Step forward on R diagonally to right (1.30), Step L beside R, Step forward on R
3&4 Turn ¼ to left & step forward on L diagonally to left (10.30), Step R beside L, Step forward on L
5-8 Turn ¼ to right & step forward on R (1.30), Turn 1/8 to right & step forward on L (3.00), Turn ¼ to right & step forward on R (6.00), Step L beside R

STEP CHANGE

The 3rd Phrase A : only 15 counts

5-7 Turn ¼ to right & step forward on R (1.30), Turn ¼ to right & step forward on L (6.00), Touch R beside L

TAG 2 - 1 Count, facing 6.00

5-8 Turn ¼ to right & step forward on R (1.30), Turn 1/8 to right & step forward on L (3.00), Turn ¼ to right & step forward on R (6.00), Step L beside R (Bending both knees a little bit)

Tag : Rise up & open both arms to both sides, facing palm up

PHRASE B (16 Counts)

Session B1 - LINDY STEP (R, L)

1&2 Step R to side, Step L beside R, Step R to side
3-4 Step L back diagonally (body alignment to 10.30)
5&6 Step L to side, Step R beside L, Step L to side
7-8 Step R back diagonally (body alignment to 1.30)

Session B2 - ¼ PADDLE TO LEFT (x2), JAZZ BOX, ½ UNWIND

- 1-2 Squaring & step forward on R (hip circle counter clockwise), Turn ¼ to left & recover onto L (9.00)
- 3-4 Step forward on R (hip circle counter clockwise), Turn ¼ to left & recover onto L (6.00)
- 5&6& Cross R over L, Step L back, Step R to side, Step forward on L
- 7-8 Cross R over L on toes, Turn ½ to left & put down the heels (12.00)

PHRASE C (16 Counts)

Session C1 - V-STEP WITH CROSS & TURN, BASIC NC WITH TURN, BACK SWEEP (x2)

- 1&2& Step out R on toe, Step out L on toe, Step R to center on toe, Cross L over R on toe (prepare to turn)
- 3-4 Turn ½ to right (keep the body weight on both toes) (6.00), Put down both heels
- 5-6& Step R to side, Step L slightly behind R, Cross R over L
- 7-8 Turn ¼ right & step L back while sweeping R to back (9.00), Step R back while sweeping L to back

RESTART

The 3rd Phrase C : after 4 counts

The 10th, 11th, 12th Phrase C : after 5 counts

Session C2 - COASTER STEP, FWD ROCK-BACK SLIDE-DRAG, COASTER STEP WITH ¼ TURN & SWEEP, PRIZZY WALK (R, L)

- 1&2 Step L back, Step R next to L, Step forward on L
- 3&4 Step forward on R, Recover onto L, Slide R back while dragging L towards R
- 5&6 Step L back, Step R beside L, Step forward on L while sweeping R to front & turning ¼ to left (6.00)
- 7-8 Slightly crossing R over L, Slightly crossing L over R

TAG 1 - 4 Counts, facing 6.00

PIVOT ½ TO LEFT (x2)

- 1-2 Step forward on R, Turn ½ to left & step L in place (12.00)
- 3-4 Step forward on R, Turn ½ to left & step L in place (6.00)

TAG 3 - 4 Counts, facing 12.00

FWD LUNGE-RISE UP

- 1-2 Step forward on R & bend the knee (for 2 counts)
- 3-4 Recover onto L & rise up the body

ENDING - Phrase C (start from count of 5)

Session 1 - BASIC NC WITH TURN, BACK SWEEP (x2)

- 5-6& Step R to side, Step L slightly behind R, Cross R over L
- 7-8 Turn ¼ right & step L back while sweeping R to back (9.00), Step R back while sweeping L to back

Continue with session 2 till the music end, facing 12.00

Happy dancing - Dancing from the heart

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