

Cinta Hampa

拍數: 64 牆數: 2 級數: High Beginner
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音樂: Cinta Hampa - Dewi Yull



Restart on wall 3 and 5 after 32 count

Section 1 : TOE STROUT. TOE STROUT, ROCKING CHAIR

1-2 rf touch forward, rf down
3-4 lf touch forward, lf down
5-6 rock rf forward, recover on lf
7-8 rock rf backward, recover on lf

Section 2 : REPEAT section 1

Section 3 : CROSS RECOVER, SIDE RECOVER, CROSS, RECOVER , SHUFFLE RIGHT

1-2 rf rock cross over lf, recover on lf
3-4 rf rock to right side, recover on lf
5-6 rf rock cross over lf, recover on lf
7&8 shuffle to right on rf- lf- rf

Section 4: CROSS, RECOVER, SIDE, RECOVER,CROSS, RECOVER SHUFFLE TO LEFT

1-2 lf rock cross over rf, recover on rf
3-4 lf rock to left side, recover on rf
5-6 lf rock cross over rf, recover on rf
7&8 shuffle to left on lf-rf-lf

Section 5 : STEP TO RIGHT, STEP TO LEFT

1-2 step rf to right, lf next to rf
3-4 step rf to right, lf touch next to rf
5-6 step lf to left, rf next to lf
7-8 step lf to left, rf touch next lf

Section 6 : TURN 1/4 TO LEFT, CROSS SHUFFLE, SIDE, RECOVER, CROSS SHUFFLE

1-2 rf 1/4 turn to left, body weight on lf (9 o'clock)
3&4 rf cross over lf, lf to left, cross rf over lf
5-6 rock lf to left side. recover on rf
7&8 cross lf over rf, rf to right, lf cross over rf

Section 7 : PADDLE 1/16 4 TIMES

1-2 rf turn 1/16 to left, body weight on lf
3-4 rf turn 1/16 to left, body weight on lf
5-6 rf turn 1/16 to left, body weight on lf
7-8 rf turn 1/16 to left, body weight on lf (6 o'clock)

Section 8: JAZZBOX, HIPBUMPS TO RIGHT TWICE , HIPBUMPS TO LEFT TWICE

1-2 rf cross over lf, lf step back
3-4 step rf to side, lf next to rf
5&6 hipbumps to right side rlr
7&8 hipbums to left side lrl

Thank you happy dancing all

