

拍數: 34 牆數: 2 級數: Improver
編舞者: Helina Abhen (INA) - 11 January 2024
音樂: Rizal - Lilis RL



Intro 30 count

SEC 1: WEAVE WITH HEEL GRIND – BOTAFOGO

1 & 2 & Cross R over L with heel grind (1) step L to left (&) cross R behind left (2) step L to left (&)
3 & 4 & Cross R over L with heel grind (3) step L to left (&) cross R behind left (4) step L to left (&)
5 & 6 & Cross R over L with heel grind (5) step L to left (&) cross R behind left (6) step L to left (&)
7 & 8 cross R over L (7) step L to left (&) recover on R (8)

SEC 2 : WEAVE WITH HEEL GRIND – BOTAFOGO

1 & 2 & Cross L over R with heel grind (1) step R to right (&) cross L behind right (2) step R to right (&)
3 & 4 & Cross L over R with heel grind (3) step R to right (&) cross L behind right (4) step R to right (&)
5 & 6 & Cross L over R with heel grind (5) step R to right (&) cross L behind right (6) step R to right (&)
7 & 8 cross L over R (7) step R to right (&) recover on L (8)

SEC 3 : SHUFFLE FORWARD (R & L) – DIAGONAL BACKWARD

1 & 2 step R fwd (1) step L together fwd (&) step R fwd (2)
3 & 4 step L fwd (3) step R together fwd (&) step L fwd (4)
5 & 6 & rock R diagonal backward (5) touch L beside R (&) rock L diagonal backward (6) touch R beside L (&)
7 & 8 & rock R diagonal backward (5) touch L beside R (&) rock L diagonal backward (6) touch R beside L (&)

SEC 4 : SCISSOR R – SCISSOR L – BACK SHUFFLE – TURN ½ TO RIGHT BACK SHUFFLE

1 & 2 step R to right (1) step L beside R (&) step cross R over L (2)
3 & 4 step l to left (3) step R beside L (&) step cross L over R (4)
5 & 6 rock R back (5) step L together back (&) rock R back (6)
7 & 8 turn ½ to right, rock L back (7) step R together back (&) rock L back (8)

SEC 5 : STEP SIDE – RECOVER

1 – 2 step R to right (1) recover to L (2)

TAG: 4 count & RESTART on wall 2 & 7 after 30 count & on wall 3 & 8 after 24 count

1 – 2 Pushing hips forward (1) pushing hips back (2)
3 – 4 Pushing hips forward (3) pushing hips back (4)

TAG 4 count (sway) AFTER WALL 4 & TAG 6 count (sway) ON WALL 10 after 16 count

1 – 4 sway right and left

STEP CHANGE ON WALL 2, 5 & 7 after 28 count

5 & 6 step R back (5) step L to left (&) touch R beside L (6)

Sequence :

Wall 1 : full 34 count

Wall 2 : 28 count step change & TAG (pushing hips) & restart

Wall 3 : 24 count TAG (pushing hips) & RESTART

Wall 4 : full 34 count TAG (sway) 4 count
Wall 5 : 28 count & step change
Wall 6 : full 34 count
Wall 7 : 28 count step change & TAG (pushing hips) & RESTART
Wall 8 : 24 count TAG (pushing hips) & RESTART
Wall 9 : full 34 count
Wall 10 : 16 count TAG (sway) 6 count
Wall 11 : 28 count

Enjoy the dance. I hope that you like it.

Contact email : ellinhelinaabhen@gmail.com

Youtube channel : ellin abhen

Facebook : Uni Elin Abhen

Last Update: 19 Nov 2024
