

Hidup Di Ntt

拍數: 64 牆數: 1 級數: Improver
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音樂: Ikan Nae DI Pante - Alfred Gare & PAX Group



Intro music 32 counts // 1 TAG, 1 RESTART

*On wall 4 , dance 32 counts, then do the tag rocking chair

1 – 4 R rock fwd – recv on L – R rock back – recv on L

SECT 1: WEAVE, CROSS SHUFFLE, SIDE ROCK

1 – 4 Cross R over L – L to side – R behind L – L to side

5 & 6 Cross R over L – L to side – cross R over L

7 – 8 Rock L to side – recover on R

SECT 2: WEAVE, CROSS SHUFFLE, SIDE ROCK

1 – 4 Cross L over R – R to side – L behind R – R to side

5 & 6 Cross L over R – R to side – cross L over R

7 – 8 Rock R to side – recover on L

SECT 3 : FORWARD SHUFFLE, V-STEP

1 & 2 Forward shuffle on R-L-R

3 & 4 Forward shuffle on L-R-L

5 – 8 R diag fwd – L to side – R back to centre – L beside R

SECT 4 : ANCHOR STEP

1 & 2 R rock back – recover on L – recover on R

3 & 4 L rock back – recover on R – recover on L

5 & 6 R rock back – recover on L – recover on R

7 & 8 L rock back – recover on R – recover on L

*(On wall 4, do the TAG here, then restart)

SECT 5 : FORWARD , SIDE TOUCH, ¼ RIGHT, FORWARD STEP TOUCH

1 – 2 R forward – L touch to side

3 – 4 L forward – R touch to side

5 – 6 ¼ right cross R over L – L touch to side (3.00)

7 – 8 L forward – R touch to side

SECT 6 : JAZZ BOX ¼ RIGHT, FORWARD SHUFFLE

1 – 4 Cross R over L - ¼ right step L back – R to side – L fwd (6.00)

5 & 6 Forward shuffle on R-L-R

7 & 8 Forward shuffle on L-R-L

SECT 7 : FORWARD , SIDE TOUCH, ¼ RIGHT, FORWARD STEP TOUCH

1 – 2 R forward – L touch to side

3 – 4 L forward – R touch to side

5 – 6 ¼ right cross R over L – L touch to side (9.00)

7 – 8 L forward – R touch to side

SECT 8 : JAZZ BOX ¼ RIGHT, FORWARD SHUFFLE

1 – 4 Cross R over L - ¼ right step L back – R to side – L fwd (12.00)

5 & 6 Forward shuffle on R-L-R

7 & 8 Forward shuffle on L-R-L

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