

Boanonhu Do Ho

拍數: 36 牆數: 2 級數: Low Intermediate
編舞者: Kristin (INA) & Irene Tobing (INA) - May 2024
音樂: Boanonhu Do Ho - Gok Parasian Malau



Sequence : 36, 36, 32, 34, 32, 20*, 36, 34, 32, 25

Sec 1 (1-8) : Back, Sweep, Behind, Side, Cross, Recover, Side, Cross, Recover, ¼ Turn, Forward, Touch

1 Step R back, sweep L back (1)
2&3 Step L behind (2), Step R side (&), Cross Rock L over R (3)
4&5 Recover on R(4) , Step L Side (&), Cross Rock R over L (5)
6&7 Recover on L (6), Turn ¼ turn R forward (&), Step L Forward (7) [3:00]
8& Step R Forward (8), Touch L next to R(&)

Sec 2 (9-16) : Back, Behind, Side, Cross, Forward, Step Lock, Forward, Touch

1 Step L back and sweep R back
2&3 Step L behind (2), Step L side (&) Step R cross over L (3)
4&5 Recover on L (4) , ¼ turn R forward (&), Step L Forward (5)
6&7 Step R forward (6), lock L behind R (&), Step R forward (7)
8& Step L forward (8), Touch R next to L (&)

*on W6 straight to sec 5

Sec 3 (17-24): Side, ¼ Diamond, Forward, Pivot ½, Run LRL forward, Run LR back

1 Step R side
2&3 ⅙ Turn L Step L back (2) [4.30], step R back (&), ⅙ Turn L step L side (3)[3.00]
4&5 Step R forward (4), Step L forward (&), ½ turn R BW on R(5) [9.00]
6&7 Step L forward (6), Step R Forward (&), Hitch R (7)
8& Step R back (8), Step L back (&)

Sec 4 (25-32) : ¼ Turn, BNC, Ronde, Forward RLR, Pivot ½, Squaring ¼

1 ¼ Turn R Step R side [12:00]
2&3 Step L slightly behind (2), Step R cross over L (&), Step L side making a ⅞ turn right lifting R foot off the ground (3) [7:30]
4&5 Step R Forward (4), Step L Forward (&), Step R Forward (5)
6 Turn ½ L BW on L (1:30)
7 Step R Forward Close L together
8 ⅜ Turn R Step L Inplace

Sec 5 (33-36) : Reverse Rocking Chair

1 Step R back
2 Recover on L
3 Step R forward
4 Recover on L

Happy Dancing