

# Seblak Rafael

拍數: 116      牆數: 1      級數: Phrased Beginner  
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音樂: Seblak Rapael - Mamang Rapael



Intro : 36 Count

Sequence : A, A, A32, B, B, A32, C, tag, D, tag , tag , A, A32, B, B, A, A16, Ending.

## A. 36C

**Section 1 - Forward ,Together ,1/4 right ,touch , 1/4 left step forward ,step together , 1/4 turn left touch**

1 2 3 4      Step RF Forward , step LF together beside right, 1/ 4 turn to right step RF to side, touch LF beside right.

5 6 7 8      1/4 turn left step LF forward ,step RF together beside left, 1/4 turn to left step LF to side , touch RF beside left.

(option : touch can be Hitch on Count 4 & 8).

**Section 2 - Walk Fwd R , L, R , touch , Walk back L , R, 1/4 turn right , touch.**

1 2 3 4      Walk Forward on RF ,LF ,RF , touch LF beside right

5 6 7 8      walk back on LF, RF , 1/ 4 turn right step LF slightly back , touch RF beside left.

**Section 3 - 1/4 turn right Walk on R, L, R , touch , step back on L, R 1/4 turn left, touch .**

1 2 3 4      1/4 turn to right walk forward on RF, LF, RF, touch LF beside right

5 6 7 8      step back on LF, RF, 1/4 turn to left step LF side , touch RF beside left

**Section 4 - Paddle 1/4 to left 4x.**

1 - 8      Step RF Forward ,1/4 turn left recover on LF , repeat (12.00)

**Section 5 - Jazzbox**

1 2 3 4      Cross RF over left , step LF back , step RF to side, step LF together beside right.

## B. 32C

**Section 1 & 2**

1 - 16      Make a full circle with steps cha cha cha 1/8 x 8.

**Section 3 - Heel , toe , Heel, step**

1 2 3 4      touch R Heel diagonal right, touch RF beside left, touch R Heel diagonal right, step RF beside left

5 6 7 8      touch L Heel diagonal left, touch LF beside right , touch L Heel diagonal left , step LF beside right.

**Section 4 - Rockingchair**

1 2 3 4      Step RF Forward , recover on LF , step RF backward recover on LF

5 6 7 8      Repeat .

## C. 16C

**Section 1 - Forward Cha cha**

1 & 2      Step RF fwd, step LF beside right , step RF fwd

3 & 4      step LF fwd, step RF beside left, Step LF fwd

5 & 6      Step RF fwd, step LF beside right , step RF fwd

7 & 8      step LF fwd, step RF beside left, Step LF fwd.

**Section 2 - walk back, Hip sway**

1 2 3 4      walk back on RF, LF , RF, LF

5 6 7 8 Hip Sway R ,L, R, L .

**Tag 4 count**

**Jazzbox**

1 2 3 4 RF over left , step LF back , step RF to side, step LF together beside right.

**D. 32C**

**Section 1 - Bounce our body with hand styling.**

1 2 3 4 step RF to right side Bounce our body up and down while Weaving hands to right side for 4 counts (weight on RF )

5 6 7 8 step LF to left side Bounce our body up and down while Weaving hands to left side for 4 counts (weight on LF )

**Section 2 - Shimmy Shoulders, Jump , Sway right and left.**

1 2 3 4 shimmy shoulders forward for 2 counts , shimmy shoulders backward on Count 3 and jump on Count 4

5 6 7 8 sway right and left ( for hand styling Cross your arms and sway to the rhythm of your body)

**Section 3 - Sway right and left , chest pump**

1 2 3 4 Sway your body with weight on RF, LF, RF, LF

5 6 7 8 chest pump on RF for 2 counts , Chest pump on LF for 2 counts .

**Section 4 - Paddle 2 x 1/4 turn to left , run**

1 2 3 4 Step RF Forward 1/4 turn to left recover on LF , Repeat

5&6&7&8 run 1/2 turn to left ,with RF, LF, RF, LF, RF ,LF.

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