

Seblak Rafael

拍數: 116 牆數: 1 級數: Phrased Beginner
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June 2024
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.
