

Dansa Reggae

拍數: 96 牆數: 1 級數: Phrased High Beginner
編舞者: Pat Mari (INA) - August 2024
音樂: Dansa Reggae (Versi 2) - Nola Tilaar



Start dance on vocal

Sequence. A – A – B – A – B – A – B – A(24) - ending

PART A

I.WEAVE,LINDY(RIGHT)

1-2 Step RF to R, cross LF behind RF
3-4 Step RF to side, cross LF over RF
5&6 Step RF to R, step LF next to RF, step RF to R
7-8 Rock LF behind RF, recover to RF

II. WEAVE,LINDY(LEFT)

1-2 Step LF to L, cross RF behind RF
3-4 Step LF to side, cross RF over LF
5&6 Step LF to L, step RF next to LF, step LF to L
7-8 Rock RF behind LF, recover to LF

III.K STEP

1-2 Step RF diagonally forward, touch LF beside RF
3-4. Step LF diagonally backward, touch RF beside LF
5-6 Step RF diagonally backward, touch LF beside RF
7-8 Step LF diagonally forward, touch RF beside LF

IV. PIVOT,SHUFFLE

1-2 Step RF forward, turn ½ R step LF in place
3&4 Step RF forward, close LF beside RF, Step RF forward
5-6 Step LF forward, turn ½ R step RF in place
7&8 Step LF forward, close RF beside LF Step LF forward

V & VI SIDE – TOGETHER, BACK TOUCH

1-2. Step RF to right side, close LF beside RF
3 –4. Step RF to right side, touch LF behind RF
5-6 Step LF to left side, close RF beside LF
7-8 Step LF to left side, close RF beside LF

VII. K STEP

1-2 Step RF diagonally forward, touch LF beside RF
3-4. Step LF diagonally backward, touch RF beside LF
5-6 Step RF diagonally backward, touch LF beside RF
7-8 Step LF diagonally forward, touch RF beside LF

VIII. PIVOT,SHUFFLE

1-2 Step RF forward, turn ½ R step LF in place
3&4 Step RF forward, close LF beside RF, Step RF forward
5-6 Step LF forward, turn ½ R step RF in place
7&8 Step LF forward, close RF beside LF Step LF forward

PART.B

I RUMBA BOX WITH SHUFFLE

- 1-2 Step RF to right side, Close LF beside RF
- 3&4 Step RF forward, Close LF behind RF, Step RF forward
- 5-6 Step LF to left side, Close R beside L
- 7&8 Step LF backward, close LF over RF, Step LF backward.

II. RUMBA BOX WITH SHUFFLE

- 1-2 Step RF to right side, close LF beside RF
- 3&4 Step RF backward, close LF over RF, Step RF backward
- 5-6 Step LF to right side, close RF beside LF
- 7&8 Step LF forward, close RF beside LF, Step LF forward

III. K STEP

- 1-2 Step RF diagonally forward, touch LF beside RF
- 3-4. Step LF diagonally backward, touch RF beside LF
- 5-6 Step RF diagonally backward,touch LF beside RF
- 7-8 Step LF diagonally forward,touch RF beside LF

IV. PIVOT,SHUFFLE

- 1-2 Step RF forward, turn ½ R step LF in place
- 3&4 Step RF forward, close LF beside RF, Step RF forward
- 5-6 Step LF forward, turn ½ R step RF in place
- 7&8 Step LF forward, close RF beside LF Step LF forward

Happy dancing

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