

Risalah Hati

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Indah Parahita (INA) - September 2024
音樂: Risalah Hati - yura Yunita



Section 1 FORWARD, WEAVE, SWEEP, FULLTURN, COASTER

1,2,&3 Step RF forward, cross LF over RF, Step RF to R, cross LF behind RF
4&5 Sweep RF front Front n cross Behind LF, step LF to L, cross RF over LF(1/8 L) diagonal
6&7 Turn ½ R step LF back, than turn ½ R,Rf Fwd, LF forward
8& Recover On RF, close LF beside RF

SECTION 2. FWD, CROSS, BASIC NC,SIDE, BEHIND,CROSS ROCK

1,2&3 Step RF fwd, cross LF OVER RF step RF to R, turn ½ L, LF to L
4&5 Step RF close behind LF Cross LF over RF, step RF to R
6&7 Cross LF behind RF, step RF to R, cross LF over RF
8 & recover on RF, turn LF ½ L ,Lf forward

SECTION 3 FWD,FULL TURN R,ROCK FWD, ROCK BACK,3/4 SPIRAL L

12&3 Step RF Fwd,turn ½ R LF Fwd than turn ½ R RF fwd step LF fwd
4&5 Recover on RF, step LF back, step RF back
6&7 8 Recover on LF, cross Rfover LF, turn spiral ¾ L, RF back

SECTION 4 BASIC NC, STEP SIDE, ROCKING CHAIR, ST POSITION

12 &3 Step RF to R,Clos LF behind RF,Cross RF over LF step LF to L
4&5 Cross RF behind LF ,step LF to turn ¼ L RF forwzrd
6&7,8 Recover on LF Step RF back than Sit Position