

Muqabla

拍數: 96 牆數: 1 級數: Phrased Easy Intermediate
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音樂: Muqabla (From "Street Dancer 3D") - Yash Narvekar & Parampara Thakur



Tag x2 / No Restart

SOD: Intro Dance(32C) A(32C) B(32C) Tag1(32C) C A B C A Tag2(4C) A (Ending post ~ free style)

*Tag 1 (32C)

Sec1: Full Paddle Turn L with hips roll, Touch

- 1-4 Step RF fwd with hip roll , ¼ turn L , step LF on L (9:00) , step RF fwd with hip roll , ¼ turn L , step LF on L (6:00)
5-8 Step RF fwd with hip roll , ¼ turn L , step LF on L (3:00) , step RF fwd with hip roll ¼ turn L , touch LF next to RF (12:00)

Sec2: Full Paddle Turn R with hips roll, Touch

- 1-4 Step LF fwd , ¼ turn R , step RF on R (3:00) , step LF fwd , ¼ turn R , step RF on R (6:00)
5-8 Step LF fwd , ¼ turn R , step RF on R (9:00) , step LF fwd , ¼ turn R , touch RF next LF (12:00)

Sec3: Kick Over, Kick Side , Sailor Step (R-L)

- 1-2 Kick RF over LF , kick RF fwd to R diagonal
3&4 Sweep RF from front to back and step RF behind LF , step LF to L side , step RF on R
5-6 Kick LF over RF , kick LF fwd to L diagonal
7&8 Sweep LF from to back, step LF behind RF , step RF to R side , step LF on L

Sec4: Pivot ½ Turn L , Fwd Shuffle , Pivot ½ Turn R , Fwd Shuffle

- 1-2 Step RF fwd , ½ turn L , step LF fwd (6:00)
3&4 Fwd shuffle R-L-R
5-6 Step LF , ½ turn R , step RF fwd (12:00)
7&8 Fwd shuffle L-R-L

**Tag 2 (4C) : Jazz Box

- 1-4 Cross RF over LF , step LF back , step RF to R side, step LF fwd or slightly cross LF over RF

Intro Dance (32C) / Also as Part C

iSEC1: SIDE , TOGETHER, SIDE , TOUCH (R-L)

- 1-4 Step RF to R , step LF next to RF , step RF to R , touch LF next to RF
5-8 Step LF to L , step RF next to LF , step LF to L , touch RF next to LF

SEC2: SIDE , TOUCH (RLRL)

- 1-4 Step RF to R , touch LF next to RF , step LF to L , touch RF next to LF
5-8 Step RF to R , touch LF next to RF , step LF to L , touch RF next to LF

SEC3: WALK FWD , HEEL TOUCH, TOGETHER

- 1-4 Walk fwd RLRL
5-8 R heel touch fwd to R diagonal , step back RF next to LF , L heel touch fwd to L diagonal, step back LF next to RF

SEC4: WALK BACK , HEEL TOUCH , TOGETHER

- 1-4 Walk back RLRL
5-8 R heel touch fwd to R diagonal , step back RF next to LF , L heel touch fwd to L diagonal, step back LF next to RF

Part A (32C)

SEC1:SIDE, BEHIND, ¼ TURN R FWD , WALK FWD , ¼ TURN L CHUG , TOUCH

- 1-2& Step RF to R side , step LF behind RF , ¼ turn R , step RF fwd (&)
3-4 Walk LF fwd (&) , walk RF fwd (4) (3:00)
5-8 Chug LF 3 times to make a ¼ turn L , touch LF next to RF (12:00)

***Please refer to teach video and demo videos

SEC2:SIDE, BEHIND, ¼ TURN L FWD , WALK FWD , ¼ TURN R CHUG , TOUCH

- 1-2& Step LF to L , step RF behind LF , ¼ turn L , step LF fwd (9:00)
3-4 Walk RF fwd , walk LF fwd
5-8 Chug RF 3 times to make a ¼ turn R , touch RF next to LF (12:00)

***Please refer to teach video and demo videos

SEC3: SYNCOPATED SIDE ROCKS , SYNCOPATED HEEL TOUCH , FWD , TOGETHER

- 1-2&. Rock RF to R side , recover on L , step RF next to LF
3-4& Rock LF to L side. Recover on R , step LF next to RF
5&6& Touch R heel diagonally fwd , step back RF next to LF , touch L heel diagonally fwd, step back LF next to RF
7-8 Big step RF fwd , step LF next to RF

SEC4:STEP BACK DIAGONALLY , TOUCH R-L , SAILOR STEPS R-L

- 1-2 Step RF back diagonally, touch LF next to RF
3-4 Step LF back diagonally, touch RF next to LF
5&6 Cross RF behind LF,step LF to L ,step RF on R
7&8 Cross LF behind RF,step RF to R ,step LF on L

Part B (32C)

SEC1: SYNCOPATED CROSS ROCKING CHAIR , CROSS , RECOVER, SIDE R-L

- 1&2& Cross RF over LF , recover on L , step RF back , recover on L
3&4 Cross RF over LF , recover on L , step RF back on R
5&6& Cross LF over RF , recover on R , step LF back , recover on R
7&8 Cross LF over RF , recover on R , step LF back

SEC2:TRAVELLING VOLTA L-R

- 1&2& Cross RF over LF ,ball step LF to L , cross RF over LF , ball step LF to L
3&4 Cross RF over LF ,ball step LF to L , cross RF over LF
5&6& Cross LF over RF , ball step RF to R , cross LF over RF , ball step RF to R
7&8 Cross LF over RF , ball step RF to R , cross LF over RF

SEC3:REPEAT SEC1

SEC4:REPEAT SEC2

SOD:Intro Dance AB Tag1 C ABC A Tag2 A

Have fun and happy dancing!

Thank you !
