

Nadaaniyan

拍數: 48 牆數: 4 級數: Improver
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音樂: nadaaniyan - Akshath



Intro: 3 count - No Tag, 1 Restart

Restart on wall 5 after 16 count (12.00)

S1. BASIC SAMBA

1a2 Step RF forward, Step LF beside RF, Step RF in place
3a4 Step LF back, Step RF beside LF, Step LF in place
5a6 Step RF to R, Step LF beside RF, Step RF in place
7a8 Step LF to L, Step RF beside LF, Step LF in place

S2. MAMBO FORWARD R,L, PIVOT 1/2 TURN L (2X)

1&2 Rock RF forward, Recover on LF, Step RF beside LF
3&4 Rock LF forward, Recover on RF, Step LF beside RF
5,6 Step RF forward, 1/2 turn L weight on LF
7,8 Step RF forward, 1/2 turn L weight on LF

S3. SYNCOPATED CROSS SHUFFLE, HITCH, SYNCOPATED WEAVE, TOGETHER

1&2& Cross RF over LF, Step LF to L, Cross RF over LF, Step LF to L
3&4& Cross RF over LF, Step LF to L, Cross RF over LF, Hitch LF knee
5&6& Cross LF over RF, Step RF to R, Cross LF behind RF, Step RF to R
7&8 Cross LF behind RF, Step RF to R, Step LF next to RF

S4. BOTAFOGO R,L, JAZZ BOX 1/4 TURN R

1a2 Cross RF over LF, Step ball LF to L, Step RF in place
3a4 Cross LF over RF, Step ball RF to R, Step LF in place
5,6 Cross RF over LF, 1/4 turn R step LF back
7,8 Step RF to R, Step LF forward

S5. REPEAT SECTION 3

S6. WALK R,L, COASTER FORWARD, BACK L,R, COASTER BACK

1,2 Step RF forward, Step LF forward
3&4 Step RF forward, Step LF beside RF, Step RF back
5,6 Step LF back, Step RF back
7&8 Step LF back, Step RF beside LF, Step LF forward