

Lestari

拍數: 28 牆數: 2 級數: Intermediate
編舞者: Winardi (INA) - September 2024
音樂: Lestari - Niken Salindry



Intro : 16 counts

I. BASIC NC , 3/4 TURN RIGHT , WALK R L, UNWIND, WALK FORWARD L R L, STEP R L BACK

1 2 & 3 Step RF to side (1) , Step LF close slightly back (2) , 1/4 turn right step LF forward (&) , 1/2 turn right step LF back (3)
4 & 5 Step RF forward (4) , Step LF forward (&) , Cross RF over LF full turn left (5)
6 & 7 Step LF forward (6) , Step RF forward (&) , Step LF forward (7)
8 & Step RF back (8) , Step LF back (&)

II. STEP BACK, SWEEP, SIDE, FORWARD, 1/4 TURN LEFT, 1/2 TURN RIGHT, CROSS OVER, UNWIND

1 2 & 3 Step RF back (1) , Step LF sweep front to back Step LF behind RF (2) , Step RF to side (&) , Step LF forward (3)
4 & 5 Step RF forward (4) , 1/4 turn left step LF to side (&) , Step cross RF over left (5)
6 & 7 1/4 turn right Step LF back (6) , 1/4 turn right Step RF to side (&) , Step LF forward (7)
8 & Step cross RF over LF full turn left, Step LF forward (&)

III. STEP FORWARD, HITCH, STEP BACK, SWEEP, SIDE, CROSS, RECOVER, CROSS, 1/4 TURN LEFT, FORWARD

1 2 & 3 Step RF forward while LF hitch (1) , Step LF back (2) , Step RF back (&) , Step LF back (3)
4 & 5 Step RF sweep front to back behind LF (4) , Step LF to side (&) , Step cross RF over LF (5)
6 & 7 Recover on LF (6) , Step RF to side (&) , Step cross LF over RF (7)
8 & Recover on RF (8) , 1/4 turn left Step LF forward (&)

IV. STEP FORWARD, 1/4 TURN LEFT, SWAY, RECOVER, SLIDE, FORWARD

1 2 & 3 & Step RF forward (1) , 1/4 turn left step LF to side while sway (2) , Step RF to side while sway, (&) , Recover on LF (3) , Step RF slide beside LF (&)
4 & Step RF forward (4) , Step LF forward (&)

*Tag : 4 counts, after wall 6

1 2 & Step RF to side, Step LF close slightly back, Cross RF over LF
3 4 & Step LF to side, Step RF close slightly back, Recover on RF

**Restart : on wall 3 & 8 after 12 counts