Qolbi Fil Madinah

拍數: 32

級數: Improver

編舞者: Fieda Andrivanti (INA) & Annie Annoy (INA) - April 2025

音樂: Qolbi Fil Madinah by Maher Zain ft Harris J

SEC 1: CROSS ROCK - RECOVER - SIDE - CROSS ROCK - RECOVER - SIDE - SYNCOPATED CROSS SHUFFLE

1&2 Cross Rock RF over LF, Recover onto LF, Step RF to R side

- 3&4 Cross Rock LF over RF, Recover onto RF, Step LF to L side
- 5&6&7&8 Cross RF over LF, step LF to L, Cross RF over LF, step LF to L, Cross RF over LF, step LF to L, Cross RF over LF

SEC 2: CROSS ROCK - RECOVER - SIDE - CROSS ROCK - RECOVER - SIDE - SYNCOPATED CROSS SHUFFLE

- 1&2 Cross Rock LF over RF, Recover onto RF, Step LF to L side
- 3&4 Cross Rock RF over LF, Recover onto LF, Step RF to R side
- Cross LF over RF, step RF to E, Cross LF over RF, step RF to R, Cross LF over RF, step RF 5&6&7&8 to R, Cross LF over RF

SEC 3: ¼ JAZZ BOX (2X)

- 1234 Step R across L, 1/4 turn right stepping L back [3:00], Step R to right side, Step L slightly forward.[3:00]
- 5678 Step R across L, ¼ turn right stepping L back [6:00], Step R to right side, Step L slightly forward,[6:00]

SEC 4: CHARLESTON STEP X2

- 1234 Touch RF forward, Step back on RF, Touch LF back, Step forward on LF
- 5678 Step R Next To L together Raising R hand slowly with palm facing up, Raising L hand slowly with palm facing up, Put R hand over heart, cover R hand with L hand, draw L hand out in front of R hand (both palms facing in)

Restart and Step Change on wall 4 after 16 count

1234 Cross RF over LF, ¼ turn right stepping L back [9:00], ½ turn right stepping R side [12:00], Step L Forward

Enjoy it and Have fun annienatalia2512@gmail.com





牆數: 2