

Bhangra Dance

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Ross Brown (ENG)
音樂: Bhangra Knights vs. Husan - Husan



SIDE BEHIND &, CROSS, ¼ STEP BACK, ¼ ROCK, CROSS SHUFFLE

1-2& Step right to the right, cross step left behind right, step right next to left
3-4 Cross step left over right, step back onto right turning a quarter left
5-6 Rock back with left, recover onto right turning a quarter left
7&8 Cross step left over right, bring right up to left, cross step left over right

SIDE ROCK, ¼ BEHIND SIDE STEP, ROCK FORWARD, COASTER STEP

1-2 Rock right to the right, recover onto left
3&4 Cross step right behind left, step left to the left, step forward with right turning a quarter left
5-6 Rock forward with left, recover onto right
7&8 Step back with left, step right next to left, step forward with left

POINT & X4, ROCK BACK, SHUFFLE FORWARD

1& Point right to the right, place right next to left
2& Point left to the left, place left next to right
3& Point right to the right, place right next to left
4& Point left to the left, place left next to right
5-6 Rock back with right, recover onto left
7&8 Step forward with right, bring left up to right, step forward with right

ALTERNATIVE ½ POINT & X3, POINT &, ROCK FORWARD, ½ TURNING SHUFFLE

1& Point right to the right, place right next to left turning a half right
2& Point left to the left, place left next to right turning a half right
3& Point right to the right, place right next to left turning a half right
4& Point left to the left, place left next to right
5-6 Rock forward with right, recover onto left
7&8 Step back with right turning a quarter right, bring left up to right turning a quarter right, step forward with right

ROCK FORWARD, COASTER STEP, ROCK, ¼ STEP, CROSS STEP

1-2 Rock forward with left, recover onto right
3&4 Step back with left, step right next to left, step forward with left
5-6 Rock forward with right, recover onto left
7-8 Step back with right turning a quarter right, cross step left over right

DIAGONAL STEP, ¼ SWAY HIPS, ROCKING CHAIR

1-2 Step diagonally forward right with right, touch left behind right
3-4 Step left to the left, sway hips left, right while turning a quarter left
5-6 Rock forward with right, recover onto left
7-8 Rock back with right, recover onto left

DIAGONAL STEP, ¼ SWAY HIPS, ROCKING CHAIR

1-8 Repeat last section

Restart from here on wall 2

CROSS ROCK &, CROSS SHUFFLE, ¼ STEP BACK, ¼ SIDE STEP, CROSS SHUFFLE

1-2& Rock right over left, recover onto left, step right next to left

3&4 Cross step left over right, bring right up to left, cross step left over right
5-6 Step back with right turning a quarter left, step left turn to the lefting a quarter left
7&8 Cross step right over left, bring left up to right, cross step right over left

ROCK &, SIDE STRUT, & ¼ ROCK, WALK, WALK

1-2& Rock left to the left, recover onto right, step left next to right
3-4& Point right toe to the right, place right heel, step left next to right
5-6 Rock right to the right, recover onto left turning a quarter left
7-8 Walk forward right, left

REPEAT

RESTART

Restart from count 48 on wall 2

ENDING

At the end of wall 5. Do steps 1-6 of this section, then do the following two steps

7-8 Walk forward with right, step left next to right striking a pose
