

Pernah Muda

拍數: 32 牆數: 4 級數: Improver
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音樂: Pernah Muda - Bunga Citra Lestari



Intro : 16 count

A. SIDE, TOGETHER – FORWARD, ¼ TURN LEFT SIDE – TOGETHER, SIDE

1 – 2 : Step LF to left – step RF together
3 – 4 : Step LF forward – turn ¼ left and step RF to right
5 – 6 : Step LF next to RF – step RF to right
7 & 8 : Cross rock LF over RF – recover on RF – step LF back

B. BACK ROCK – FORWARD , ½ TURN LEFT – KNEE BEND, KICK – CROSS SHUFFLE

1 – 2 : Rock RF back – recover on LF
3 – 4 : Step RF forward – turn ½ left (weight on RF)
5 – 6 : Slightly bend both knees, LF toe point forward – straighten RF up, kick LF forward
7 & 8 : Cross shuffle to right on : LF, RF, LF

C. CROSS, UNWIND FULL TURN – HIP SWAYS

1 – 4 : Cross RF over LF and unwind full turn to left on 2 counts
5 – 8 : Step RF to right and sway hips to right, left, right, left

D. FORWARD & BACK CROSS, SIDE TOUCHES – FORWARD TOUCH, HOOK – FORWARD MAMBO

1 – 2 : Cross RF over LF – touch LF to left side
3 – 4 : Cross LF behind RF – touch RF to right side
5 – 6 : Touch RF toe forward – hook RF over LF
7 & 8 : Rock RF forward – recover on LF – step RF next to LF

TAG : At wall 7 finish the dance slower with the song and add :

1 - 4 Cross LF in front RF, unwind full turn, ending weight RF. And start again.

REPEAT
