

Rasa Sayang (Nasi Lemak 2.0)

COPPER KNOB
STEPSHEETS

拍數: 80 牆數: 2 級數: Phrased Low Intermediate
編舞者: BM Leong (MY) - October 2011
音樂: Rasa Sayang (Nasi Lemak 2.0) - Huang Ming Zhi & Karen Kong



Sequence Of Dance: A/B/AA/BB(16)/AA/tag/B/AA/ending
(Note: for the first A dance up to count 30 and add the following 2 counts -)

31 Step right forward
32 Pivot 1/2 turn left so that all the Bs are danced facing 12.00

Start the dance after 32 counts from the beginning of the track on vocal after "Are you ready?"

SECTION A – 32 counts

FORWARD ROCK, TRIPLE 1/2 TURN RIGHT, PADDLE 1/4 TURN RIGHT X 2

1-2 Rock right forward, recover onto left
3&4 Triple 1/2 turn right on RLR
5-6 Step left forward, 1/4 turn right shifting weight onto right
7-8 Step left forward, 1/4 turn right shifting weight onto right

FORWARD ROCK, TRIPLE 1/2 TURN LEFT, PADDLE 1/4 TURN LEFT X 2

1-2 Rock left forward, recover onto right
3&4 Triple 1/2 turn left on LRL
5-6 Step right forward, 1/4 turn left shifting weight onto left
7-8 Step right forward, 1/4 turn left shifting weight onto left

CROSS, POINT, CROSS, POINT, FORWARD ROCK, COASTER STEP

1-2 Cross right over left, point left to left side
3-4 Cross left over right, point right to right side
5-6 Rock right forward, recover onto left
7&8 Coaster step on RLR

TRIPLE 1/2 TURN RIGHT, BACK ROCK, WALK FORWARD RLRL

1&2 Triple 1/2 turn right on LRL
3-4 Rock right back, recover onto left
5-8 Walk forward on RLRL

SECTION B – 48 counts (danced to rapping and always facing 12.00)

WALK FORWARD RLR, KICK, WALK BACKWARD LRL, TOUCH

1-4 Walk forward on RLR, kick left forward
5-8 Walk backward on LRL, touch right together

RIGHT ROLLING VINE, TOGETHER, HAND ACTIONS

1-4 Right rolling vine on RLR, step left together
5-6 Place right hand forward, hold
7-8 Place left hand on top of right hand, hold

LEFT ROLLING VINE, TOGETHER, HAND ACTIONS

1-4 Left rolling vine on LRL, step right together
5-6 Place left hand forward, hold
7-8 Place right hand on top of left hand, hold

WALK FORWARD RLR, KICK, WALK BACKWARD LRL, TOUCH

1-4 Walk forward on RLR, kick left forward

5-8 Walk backward on LRL, touch right together

RIGHT ROLLING VINE, TOUCH, LEFT & RIGHT MAMBO

1-4 Right rolling vine on RLR, touch left together

5&6 Left side mambo on LRL with forward chest push

7&8 Right side mambo on RLR with forward chest push

LEFT ROLLING VINE, TOUCH, RIGHT & LEFT MAMBO

1-4 Left rolling vine on LRL, touch right together

5-6 Right side mambo on RLR with forward chest push

7-8 Left side mambo on LRL with forward chest push

TAG

1-4 Bump Hips RLRL

Ending:

1-4 Make a big anti-clockwise circle with right hand

5-6 Make a big clockwise circle with left hand

7-8 Raise both hands to the back on right side

Contact: www.sjlinedancer.blogspot.com
