

Basikal Tua

拍數: 80 牆數: 2 級數: Phrased Easy Intermediate
編舞者: GS Ang (MY) & BM Leong (MY) - March 2013
音樂: Hidup Sederhana (Basikal Tua) - Sudirman



SOD: B/AAA(32)/B/tag/A/BB/AAAA/BB
Start the dance after 16 counts with B.

SECTION A (48 counts.)

RIGHT & LEFT SHOOP WITH SCUFFS.

1-2 Along right diagonal step right forward, step left together
3-4 Step right forward, scuff left forward
5-6 Along left diagonal step left forward, step right together
7-8 Step left forward, scuff right forward

RIGHT & LEFT FORWARD TOE STRUTS, MONTEREY 1/2 TURN RIGHT

1-2 Touch right toes forward, step right heel down
3-4 Touch left toes forward, step left heel down
5-6 Point right to right side, turning 1/2 right step right together
7-8 Point left to left side, step left together

RIGHT & LEFT SHOOP WITH SCUFFS.

1-2 Along right diagonal step right forward, step left together
3-4 Step right forward, scuff left forward
5-6 Along left diagonal step left forward, step right together
7-8 Step left forward, scuff right forward

RIGHT & LEFT FORWARD TOE STRUTS, MONTEREY 1/2 TURN RIGHT

1-2 Touch right toes forward, step right heel down
3-4 Touch left toes forward, step left heel down
5-6 Point right to right side, turning 1/2 right step right together
7-8 Point left to left side, step left together

ROCKING CHAIR, CROSS, POINT, CROSS, POINT

1-2 Rock right forward, recover onto left
3-4 Rock right back, recover onto left
5-6 Cross right over left, point left to left side
7-8 Cross left over right, point right to right side

PADDLE 1/4 LEFT X 2, JAZZ BOX

1-2 Step right forward, pivot 1/4 turn left
3-4 Step right forward, pivot 1/4 turn left
5-6 Cross right over left, step left back
7-8 Step right to right side, step left together

SECTION B (32 counts.)

SIDE, SHIMMY, SHIMMY, TOGETHER, SIDE, SHIMMY, SHIMMY, TOUCH

1-2 Step right to right side, shimmy shoulders
3-4 Shimmy shoulders, step left together
5-6 Step right to right side, shimmy shoulders
7-8 Shimmy shoulders, touch left together

LEFT ROLLING VINE, TOUCH, TWIST RLRL

1-4 Left rolling vine on LRL, touch right together
5-8 Twist heels RLRL

STEP, TOUCH, STEP, TOUCH, DOUBLE HIP ROLLS

1-2 Step right forward, touch left together
3-4 Step left forward, touch right together
5-8 Double hip rolls (clockwise)

BACK, TOUCH, BACK, TOUCH, JUMP, HOLD, JUMP, HOLD

1-2 Step right back diagonally, touch left together
3-4 Step left back diagonally, touch right together
5-6 Jump right to right side touching left together, hold
7-8 Jump left to left side touching right together, hold

TAG at the end of 1st B

1-4 Monterey 1/2 turn right on RRL
5-8 Monterey 1/2 turn right on RRL

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