

Bareh Solok

拍數: 64 牆數: 4 級數: Easy Intermediate
編舞者: Mei Rizal (INA) - November 2013
音樂: Indonesian Folk Song - Bareh Solok



Intro - 40 count

I. □HEEL DIAGONALLY FORWARD, TOUCH REPLACE, 2x, TWIST

1-4 R Heel diagonally forward, R touch beside L, repeat.
5-6 Twist both heels to right, Twist both toes to right
7-8 Twist both heels to right, Twist both toes to centre

II. □HEEL DIAGONALLY FORWARD, TOUCH REPLACE, 2x, TWIST

1-4 L Heel diagonally forward, L touch beside R, repeat.
5-6 Twist both heels to left, Twist both toes to left.
7-8 Twist both heels to left, Twist both toes to centre

III. □SHUFFLE FORWARD, ROCK FORWARD, RECOVER, ½ TURN RIGHT SHUFFLE

1&2 Shuffle Forward on R-L-R
3&4 Shuffle Forward on L-R-L
5 , 6 Step R forward, recover on L
7&8 Turning ½ right & shuffle forward on R-L-R.

IV. □ SHUFFLE FORWARD, ROCK FORWARD, RECOVER, ½ TURN RIGHT SHUFFLE

1&2 Shuffle Forward on L-R-L
3&4 Shuffle Forward on R-L-R
5 , 6 Step L forward, recover on R
7&8 Turning ½ left & shuffle forward on L-R-L.

V. □ROCK SIDE, RECOVER, KICK FORWARD, CROSS OVER, REVERSE.

1-4 Rock R to right side, recover on L, kick R forward, cross R over L.
5-8 Rock L to left side, recover on R, kick L forward, cross L over R.

VI. □¼ TURN RIGHT SHUFFLE FORWARD, ½ TURN RIGHT SHUFFLE BACK, ¼ TURN RIGHT ROCK SIDE, RECOVER, CROSS SHUFFLE.

1&2 ¼ turn right shuffle forward on R-L-R
3&4 ½ turn right shuffle back on L-R-L
5 , 6 ¼ turn right rock R to right side, recover on L
7&8 Cross shuffle on R-L-R.

VII. □STEP, CLOSE, STEP, TOUCH, STEP, TOUCH, STEP, TOUCH.

1-4 Step L to left side, close R beside L, step L to left side, touch R beside L
5-8 Step R to right side, touch L beside R, step L to left side, touch R beside L

VIII. STEP FORWARD, ¼ TURN LEFT, CROSS SHUFFLE, ROCK SIDE, RECOVER, CROSS SHUFFLE.

1 , 2 Step R forward, ¼ turn left step L on place
3&4 Cross shuffle on R-L-R
5 , 6 Rock L to left side, recover on R
7&8 Cross shuffle on L-R-L.

TAG & RESTART on Wall 4 after count 35, do the Tag (1 count) and start again
Tag : After kick R forward (count 35), touch R beside L (1) and Restart

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