Marijo Badansa



拍數: 48 牆數: 4 級數: Beginner

編舞者: Rini Hukom (INA) - 2011

音樂: "Marijo Badansa" by Rhapsody Band



FORWARD 3X, TOE TOUCH, BACK, BUMP 2X

1 – 2	Step R forward, Step L forward
3 – 4	Step R forward, Touch L toe forward

5 & 6 Step back on L and push L hip backward weight onto L, push R hip forward, push L hip

backward weight onto L

7 & 8 Push R hip forward weight onto R, push L hip backward, push R hip forward weight onto R

BACK 3X, TOE TOUCH, BUMP 2X

1 – 2	Step back on L, Step back on R
3 – 4	Step back on L, Touch R toe forward
5 & 6	Flatten R heel and push R hip forward, push L hip backward, push R hip forward weight onto R

7 & 8 Push L hip backward weight onto L, push R hip forward, Push L hip backward weight onto L

BEHIND, SIDE, CROSS, SWEEP, CROSS, SIDE, BEHIND, SWEEP

1 – 2	Cross R behind L, Step L to left side
3 - 4	Cross R over L, Sweep L out and around from back to front
5 – 6	Cross L over R, Step R to right side
7 – 8	Cross L behind R, Sweep R out and around from font to back

BEHIND, RECOVER, SHUFFLE, BEHIND, RECOVER, SHUFFLE

D2: III 15; 1 12 0 12 1 1; 0 1 10 1 1 22; D2: III 15; 1 12 0 0 12 1 1; 0 1 10 1 1 22		
1 – 2	Cross R behind L, Recover on L	
3 & 4	Step R to right side, Step L next to L, Step R to right side	
5 – 6	Cross L behind R, Recover on R	
7 & 8	Step L to left side, Step R next to L, Step L to left side	

V. TURN ¼, CLOSE, STEP, TOE TOUCH, TURN ¼, CLOSE, TURN 1/4, TOE TOUCH

1 – 2	Turn ¼ right step R forward, Step L next to R
3 – 4	Step R in place, Touch L toe in place and push L hip up at the same time
5 – 6	Turn ¼ left step L in place, Step R next to L
7 – 8	Turn ¼ left step L in place, Touch R toe in place and push R hip up at the same time

VI TURN 1/2 CLOSE TURN 1/2 TOE TOUCH TURN 1/2 CLOSE TURN 1/4 TOE TOUCH

VI. TURN ¼ , CLOSE, TURN ¼ , TOE TOUCH, TURN ¼ , CLOSE, TURN 1/4 , TOE TOUCH		
1 – 2	Turn ¼ right step R in place, Step L next to R	
3 – 4	Turn ¼ right step R in place, Touch L toe in place and push L hip up at the same time	
5 – 6	Turn ¼ left step L in place, Step R next to L	
7 – 8	Turn ¼ left step L in place, Touch R toe in place and push R hip up at the same time	

Contact: astarienrini@yahoo.co.id