

# 100% Cintaku

拍數: 32      牆數: 2      級數: Intermediate  
編舞者: Norlizah Abdul Rahim - January 2014  
音樂: Cintaku 100% - Mas Idayu



Start dance on vocal

## (1-8)4 Mambos(Forward, Back, Side, Side)

1&2      Rock RF forward, recover on LF, step RF next to LF  
3&4      Rock LF back, recover on RF, step LF next to RF  
5&6      Rock RF to R side, recover on LF, step RF next to LF  
7&8      Rock LF to L side, recover on RF, step LF next to RF

## (9-16) Side Chasse, ½ Turn Right, Side Chasse, Paddle ¾ Turn Left

1&2      Step RF to R side, step LF next to RF, step RF to R side  
3&4      Make a ½ turn right stepping LF to L side, step RF next To LF, step LF to L side  
5-8&      Make a paddle ¾ turn left (RL RL RL RL)

\*\*\*Restart: On wall 4(make a full turn paddle) and on wall 7  
(make a ½ turn paddle). Both times facing 12.00

## (17-24) Skate R,L, Shuffle Forward, Skate L,R, Shuffle Forward

1-2      Make a ¼ turn right skating RF, ½ turn left skating LF  
3&4      Make a ½ turn right stepping RF forward, lock LF behind RF, step RF forward  
5-6      Make a ½ turn left skating LF forward, ½ turn right skating RF forward  
7&8      Make a ½ turn left stepping LF forward, lock RF behind LF, step LF forward

## (25-32)Step Forward, Recover, ½ Turn Shuffle Forward, Pivot ½ Turn, Shuffle Forward

1-2      Step RF forward, recover on LF  
3&4      Make a ½ turn right stepping RF forward, lock LF behind RF, step RF forward  
5-6      Step LF forward, pivot ½ turn shifting weight to RF  
7&8      Step LF forward, lock RF behind LF, step LF forward

## Tag 1: (1-4)Cross, Cross, Step, Step

1-2      Cross RF over LF, cross LF over RF  
3-4      Step RF back, step LF next to RF

## Tag 2: (1-8) Hip Bump, Side Chasse

1-2      Step RF to R side bumping hips right, bump hips left  
3&4      Step RF to R side, step LF next to RF, step RF to R side  
5-6      Step LF to L side bumping hips left , bump hips right  
7&8      Step LF to L side, step RF next to RF, step LF to L side

## (9-16)Hip Bump, Cross, Step

1&2      Step RF forward pushing hips forward, back, forward  
3&4      Step LF forward pushing hips forward, back, forward  
5-6      Cross RF over LF, cross LF over RF  
7-8      Step RF back, step LF next to RF

SEQUENCE: -

TAG 1: End of wall 1 (6.00)

TAG 2: End of wall 2 (12.00) , wall 5 (6.00) and wall 9 (12.00)

RESTARTS: On wall 4 and 7 after count 16 both facing 12.00

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