

Selayang Pandang

拍數: 50 牆數: 1 級數: Beginner
編舞者: Ayu Permana (INA) & Roosamekto Mamek (INA) - April 2014
音樂: Selayang Pandang by Veri



Intro: 52 count (from the hard beat)

SEQUENCE: AAB, AAB, AB, AAB, AAB, AA

PART A (30 COUNT)

A.1 HEEL BALL CHANGE, HEEL TOUCH, TOGETHER

- 1&2 Touch R heel forward – Step R ball cross over L with a little (tight) space between R & L – Step L in place
3-4 Touch R heel forward – Step R together
5&6 Touch L heel forward – Step L ball cross over R with a little (tight) space between L & R – Step R in place
7-8 Touch L heel forward ~ Step L together

Easy Option:

- 1-2 Touch R heel forward – Touch R toes cross over L
5-6 Touch L heel forward – Touch L toes cross over R

A.2 WALK FORWARD R-L, FORWARD SHUFFLE, ROCK FORWARD, RECOVER, BACK SHUFFLE

- 1-2 Step R forward – Step L forward
3&4 Step R forward – Step L together – Step R forward
5-6 Rock L forward – Recover on R
7&8 Step L back – Step R together – Step L back

A.3 SIDE ROCK, RECOVER, CROSS SHUFFLE

- 1-2 Rock R to side – Recover on L
3&4 Cross R over L – Step L to side – Cross R over L
5-6 Rock L to side – Recover on R
7&8 Cross L over R – Step R to side – Cross L over R

A.4 SIDE STEP, HITCH OVER, HIPS SWAY

- 1-2 Step R to side – Hitch L cross over R (knee in front but feet cross over)
3-4 Step L to side – Hitch R cross over L (knee in front but feet cross over)
5-6 Step R to side sway hips to right – Sway hips to left

PART B (20 COUNT)

B.1 CHASSE R-L, JAZZ BOX

- 1&2 Step R to side – Step L together – Step R to side
3&4 Step L to side – Step R together – Step L to side
5-8 Cross R over L – Step L back – Step R to side – Step L slightly forward

B.2 DIAGONALLY FORWARD SHUFFLE RIGHT & LEFT, DIAGONALLY BACK SHUFFLE RIGHT & LEFT

- 1&2 Step R diagonally forward – Step L together – Step R diagonally forward
3&4 Step L diagonally forward – Step R together – Step L diagonally forward
5&6 Step R diagonally back – Step L together – Step R diagonally back
7&8 Step L diagonally back – Step R together – Step L diagonally back

B.3 BACK, HITCH, FORWARD, HITCH

- 1-2 Step R back – Hitch L knee up
3-4 Step L forward – Hitch R knee up

REPEAT

Contacts: permanaayu@yahoo.com - Roosamekto.Nugroho@gmail.com

Last Update - 30th March 2014
