

Cinta Lama

拍數: 68 牆數: 1 級數: Phrased Intermediate
編舞者: William Sevone (UK) - April 2014
音樂: Semangat Cinta Lama - Francissca Peter



Dance Sequence:- A36 – A36 – B32 – A36 – B16+2 – B32 – B24

Choreographers note:- Partial ethnic dance. Use the dance notes to gain the required styling and authenticity. Always remember - 'The beat may reach your feet - but the rhythm should electrify your soul'.

Dance starts on vocals.

PART A

2x Diagonal Heel-Hold. 4x Syncopated Heel.

1 – 2 Touch right heel diagonally forward right. Hold.
& straighten up - Step right next to left.
3 – 4 Touch left heel diagonally forward left. Hold.

Dance Note: □ Counts 1-4: lean body slightly in same direction of diagonal.

1-2 Right elbow in and hand palm open (facing up) with left hand on left hip

3-4 Left elbow in and hand palm open (facing up) with right hand on right hip

&5 Step left next to right, touch right heel diagonally forward right.
&6 Step right next to left, touch left heel diagonally forward left.
&7 Step left next to right, touch right heel diagonally forward right.
&8 Step right next to left, touch left heel diagonally forward left.

Dance Note: □ Counts &5 to &8 – place BOTH hand on hips.

Together. 2x Diagonal Heel-Hold. 4x Syncopated Heel. Together

& Step left next to right.
9 – 16 Repeat Section 1 (counts 1 – 8)
(include all hand/arm actions from Section 1)

Together. 2x Right Hitch-Together. 2x Left Hitch-Together.

& Step left next to right.
17 – 18 Hitch right foot diagonally across left leg (shin) – showing right sole of shoe. Touch right next to left.
19 – 20 Hitch right foot diagonally across left leg (shin) – showing right sole of shoe. Step right next to left.
21 – 22 Hitch left foot diagonally across right leg (shin) – showing left sole of shoe. Touch left next to right.
23 – 24 Hitch left foot diagonally across right leg (shin) – showing left sole of shoe. Step left next to right.

Dance Note: □ Counts 17&19: turn body to right - Dip right shoulder & raise left forearm to shoulder height)

Counts 21&23: turn body to left - Dip left shoulder & raise right forearm to shoulder height)

Counts 18,20,22,24: Straighten body & lower arms as you touch/step together.

Variation: □ Counts 17-24 – use alternate knee/foot lifts – R-L-R-L with appropriate arm movements.

Slow Coaster. 4x 1/4 Touch. Together

25 – 26 Step backward onto right. Step left next to right.
27 – 28 Step forward onto right. Turn ¼ right & touch left toe to left side (3)
29 – 30 Turn ¼ right & touch left toe to left side (6). Turn ¼ right & touch left toe to left side (9)
31 – 32 Turn ¼ right & touch left toe to left side (12). Step left foot next to right.

2x Side Touch- Together.

33 – 34 Touch right toe to right side. Step right next to left.
35 – 36 Touch left toe to left side. Step left next to right.

