

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.

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PART B

Jazz Box. Together. Out Toe-Heel with Arm. In Heel-Toe with Arm.

- 1 – 2 Cross right over left. Step backward onto left.
- 3 – 4 Step right to right side. Step left next to right..
- 5 Turn right toe out - at same time turn right arm out (elbow by body).
- 6 Turn right heel out - at same time turn right elbow out (arm toward body)
- 7 Turn right heel in - at same time turn right arm out (elbow by body).
- 8 Turn right toe in - at same time turn right elbow out (arm toward body)

Jazz Box. Together. Out Toe-Heel with Arm. In Heel-Toe with Arm.

- 9 – 10 Cross left over right. Step backward onto right.
- 11 – 12 Step left to left side. Step right next to left.
- 13 Turn left toe out - at same time turn left arm out (elbow by body).
- 14 Turn left heel out - at same time turn left elbow out (arm toward body)
- 15 Turn left heel in - at same time turn left arm out (elbow by body).
- 16 Turn left toe in - at same time turn left elbow out (arm toward body)

EXTRA COUNTS (+2)

At the end of the instrumental break, do the following:

- 1 – 2 Touch left toe to left side. Step left next to right.

THEN RESTART THE DANCE FROM COUNT 1 of PART B □□□□□□□□□□□□□□□□□□□□□□

Back Lockstep. 2x Side-Stretch Touch.

- 17& 18 Step backward onto left, lock right across front of left, step backward onto left
- 19& 20 Step backward onto right, lock left across front of right, step backward onto right.
- 21 – 22 Step left to left side. Stretch touch right toe across back of left
- 23 – 24 Step right to right side. Stretch touch left toe across back of right.

Optional: □ **Hand position/movement: Counts 22 and 24. Left then right palm on chest (Anahata Chakra) or Sweep down and across (21) right hand from right to left and (24) left hand from left to right.**

Forward Lockstep. Jazz Box. Touch Together.

- 25& 26 Step forward onto left, lock right across back of right, step forward onto left.
- 27& 28 Step forward onto right, lock left across back of left, step forward onto right.
- 29 – 30 Cross left over right. Step backward onto right.
- 31 – 32 Step left to left side. Touch right toe next to left.

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DANCE FINISH During music fade: After Count 24 of 4th PART 'B' simply HOLD POSITION

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