

Ondel Ondel

拍數: 112

牆數: 2

級數: Intermediate / Advanced - BETAWI
- Jakarta Style



編舞者: Phopy Yulianti (INA) - March 2014

音樂: Ondel – ondel by Clarisa Tamara

Dance begins after 48 counts - Sequence of Dance : A A B Tag 1 A C D A A Tag 2 A A A

A.(1 – 8)Walk R – L , Coaster Step,walk L - R, Coaster Step

- 1 – 2 step forward on Right, step forward on Left
- 3 & 4 step forward on Right, step Left next to Right, step back on Right
- 5 – 6 step back on Left, step back on Right
- 7 & 8 step back on Left, step Right next to Left, step forward on Left

(9 – 16)Full turn Right, hip bumps Left , full turn Left , hip bumps Right

- 1 – 2 make ¼ turn Right stepping forward on Right, make turn ½ right step back on Left
- 3 & 4 make ½ turn Right stepping Right to Right side , bumping left forward , down
- 5 – 6 make ¼ turn Left stepping forward on Left, make ½ turn Left step back on Right
- 7 & 8 make ¼ turn Left stepping Left to Left side , bumping Right forward, down

(17 – 24)Step Right, Hook Cross Left, Step Left, Hook Cross Right , Syncopated ½ turn Right

- 1 – 2 Step right to Right side , hook Left cross over Right
- 3 – 4 step Left to Left side , hook Right cross over Left
- 5 & 6 Make 1/8 turn Right step Right forward, step Right forward , step lock Left behind Right, make 1/8 turn Right step Right forward
- & 7 & 8 step lock Left behind Right, make 1/8 turn Right step Right forward, step lock Left behind Right, make 1/8 turn Right step Right forward

(25 – 32)Step Left , Hook Cross Right, Step Right, Hook Cross Left, Step Back, Coaster Step

- 1 – 2 Step Left to Left side, hook Right cross over Left
- 3 – 4 step Right to Right side, hook Left cross over Right
- 5 – 6 step back on Left, step back Right on Right
- 7 & 8 step back on Left , step Right next to Left, step forward on Left

B.(33 – 40) Toe Strut Right, Kick Ball Cross, Scissor Step

- 1 – 2 Right toe strut slightly right, drop heel
- 3 – 4 cross Left toe strut slightly right, drop heel
- 5 & 6 kick Right diagonal, step Right next to Left side, step Left cross over Right
- 7 & 8 step right to Right side, step Left next to Right to Right side , step Right cross over Left

(41 – 48)Toe Strut Left, Kick Ball Cross ,Scissor step

- 1 – 2 left toe strut slightly Left, drop heel
- 3 – 4 cross Right toe strut slightly Left, drop heel
- 5 & 6 kick Left Diagonal, step Left next to Right side, step Right cross over Left
- 7 & 8 Step Left to Left side, step Right next to Left side, step Left cross over Right

(49 – 56)Monterey Right

- 1 – 2 touch right to Right side, make turn ½ Right step Right next to Left
- 3 – 4 touch left to left side, step left next to right
- 5 – 6 touch right to right side, turn ½ right step right next to left
- 7 – 8 touch left to left side, step left next to right

(57 – 64)Step Forward, Pivot ½ turn Left, Kick Ball Touch R - L

- 1 – 2 Step forward on right, Pivot ½ turn left
- 3 – 4 Step Forward on right, Pivot ½ turn left
- 5 & 6 Kick Right Forward, step right next to left side, touch left to left side
- 7 & 8 Kick Left Forward , step left next to right side, touch right to right side

*****TAG 1 IN HERE , FACING AT 06:00*****

C.(65 – 72) Silat (Use arm for styling)

- 1 – 2 step back on Right bending Right knee slightly Right on 01:30 cross both arm on chest , hold
- 3 – 4 recover on Left bending Left knee push Right arm to Left side palm hand facing up Right position on 12:00 , hold
- 5 – 6 recover on Right bending Right knee pull back Right slightly Right on 01:30 arm to beginning position, hold
- 7 – 8 recover on Left bending Left knee push Right arm to Left side palm hand facing up Right position on 12:00, hold

(73 – 80)

- 1 – 2 make turn 1/8 Left step forward on Right bend knee push slice Right arm palm upward Left hand on hip, hold
- 3 – 4 make turn 1/8 Left touch back cross Left toe behind Right bending Right knee push Right arm to Right side held Left arm pointing upright position palm facing inward, hold
- 5 – 6 make turn 1/8 Right bending Right arm upward push Left arm downward , hold
- 7 – 8 make turn 1/8 Right, step Right beside Left touch Left and Right hand in front of chest, hold

D. (81 – 88) Syncopated Left, Step Side , Hips Bumps

- 1 & Step Right over Left, Step Ball off Left beside Right
- 2 & Step Right over Left, Step Ball off Left beside Right
- 3 & Step Right over Left, Step Ball off Left beside Right
- 4 & Step Right over Left, Step Ball off Left beside Right
- 5 & 6 Step Left to Left side, touch Right beside Left Hips bumps forward, Hips Bumps back
- 7 & 8 Step Right to Right side, touch Left beside Right Hips bumps forward ,Hips Bumps back

(89 – 96) Syncopated Right, Step Side Hips Bumps

- 1 & Step Left over Right, Step Ball off Right beside Left
- 2 & Step Left over Right, Step Ball off Right beside Left
- 3 & Step Left over Right, Step Ball off Right beside Left
- 4 & Step Left over Right, Step Ball off Right beside Left
- 5 & 6 Step Right to Right side, touch Left beside Right hips bumps forward, hips bumps back
- 7 & 8 Step Left to Left side, touch Right beside Left hips bumps forward, hips bumps back

(97 – 104) 4x Pivot turn ¼ Left (Betawi Style)

- 1 – 2 Step forward on Right , make turn ¼ Left
- 3 – 4 Step forward on Right , make turn ¼ Left
- 5 – 6 Step forward on Right , make turn ¼ Left
- 7 – 8 Step forward on Right , make turn ¼ Left

(105 – 112) Jazz box , hips bumps (Betawi Style) , step back

- 1 – 2 Step Right cross over Left , step Left back
- 3 – 4 Step Right to Right side, step Left forward
- 5 – 6 Touch Right forward hips bumps forward, step back on Right
- 7 – 8 Touch Left forward hips bumps forward, step back on Left

Notes :

Tag 1□□: 1 – 2□make ½ turn right, step left beside right

Tag 2□□: 1 – 2 – 3 – 4 touch right toe behind left, full turn right

Ending□□: A 16 count

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