

Bendera (Imp)

Count: 64

Wand: 2

Ebene: Improver

Choreograf/in: Saniang Ludjen (INA) - August 2023

Musik: Bendera - Cokelat



I. V-STEP (2X)

- 1-4 Step R diagonal right, step L diagonal left, step R to centre, step L next to R
5-8 Step R diagonal right, step L diagonal left, step R to centre, step L next to R

II. FORWARD POINT R-L, SIDE POINT R-L

- 1-4 Touch R forward, step R next to L, touch L forward, step L next to R
5-8 Touch R to side, close R next to L, touch L to side, close L next to R

#Restart here on wall 2 facing 6.00

III. K-STEP

- 1-4 Step R diagonal right, touch L next to R, step L back diagonal, touch R next to L
5-8 Step R back diagonal, touch L next to R, step L diagonal forward, touch R next L

IV. SCISSOR R-L

- 1-4 Step R to side, close L next to R, cross R over L, hold
5-8 Step L to side, close R next to L, cross L over R, hold

#Restart here on wall 7 facing 3.00

V. SIDE, CLOSE, SIDE, TOUCH, ¼ L SIDE, CLOSE, SIDE, TOUCH

- 1-4 Step R to side, close L next to R, step R to side, touch L next to R
5-8 ¼ Turn left step L to side, close R next to L, step L to side, touch R next to L (9.00)

VI. ¼ L SIDE, CLOSE, SIDE, TOUCH, ¼ L SIDE, CLOSE, SIDE, TOUCH

- 1-4 ¼ Turn left step R to side, close L next to R, step R to side, touch L next to R (6.00)
5-8 ¼ Turn left step L to side, close R next to L, step L to side, touch R next to L (3.00)

#Restart here on wall 4 facing 3.00, wall 9 facing 12.00

VII. SWAY R-L-R-L, ¼ R JAZZ BOX

- 1-4 Step R to side with hip bump R-L-R-L
5-8 Cross R over L, ¼ turn right step L back, step R to side, step L forward (6.00)

VIII. DIAGONAL STEP R WITH HIP BUMPS, FLICK, DIAGONAL STEP L WITH HIP BUMPS, TOUCH

- 1-4 Step R diagonal right with hip bumps R-L-R, flick L
5-8 Step L diagonal left with hip bumps L-R-L, touch R next to L

Enjoy the dance!!

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