Menaruh Hati Tanpa Hati-Hati

Ebene: Intermediate NC2S

Choreograf/in: Sweety Five (INA) & Roosamekto Mamek (INA) - May 2025

Wand: 2

Musik: Menaruh Hati Tanpa Hati-Hati (Tabayyun Original Motion Picture Soundtrack) -Nabila Ellisa

Intro : 24 count (Approximately 00: 24)

Count: 32

SEQUENCE: 32, 24, Tag, 32, Tag, 24, 32, 24, Tag, 32, 32

S1. L BASIC NC2S, SIDE, BACK MAMBO, CHASSE TURN 1/2 LEFT, RUN FORWARD (L-R)

- 1-2& Step L to side Step R behind L Cross L over R (12:00)
- 3-4& Step R to side Rock L back Recover on
- 5-6& Step L forward Step R forward Turn 1/2 left weight on L (6:00)
- 7-8& Step R forward Step L forward Step R forward

S2. FORWARD WITH SWEEP, WEAVE, BEHIND, SIDE, CROSS ROCK, FORWARD TURN 1/4 LEFT, R BASIC NC2S

- 1-2& Step L forward and sweep R forward Cross R over L Step L to side
- 3-4& Cross R behind L and sweep L back Cross L behind R Step R to side
- 5-6& Cross/Rock L over R Recover on R Turn 1/4 left step L forward (3:00)
- 7-8& Step R to side Step L behind R Cross R over L

S3. BACK TURN 1/4 RIGHT, UNWIND TURN 1/4 RIGHT, FORWARD TURN 1/4 RIGHT, FORWARD, FORWARD WITH HITCH, RUN BACK (L & R), ROCK BACK, RUN FORWARD (L & R), SIDE ROCK WITH SWAY

- 1-2& Turn 1/4 right step L back and continue turning 1/4 right Turn 1/4 right step R forward Step L forward (12:00)
- 3-4& Step R forward and hitch L knee up Step L back Step R back
- 5-6& Rock L back Recover on R Step L forward
- 7-8& Step R forward Rock L to side and sway body to left Recover on R and sway body to right

S4. BACK WITH SWEEP, BEHIND, SIDE, CROSS, WEAVE, COASTER STEP, SYNCOPATION PIVOT TURN 1/2 RIGHT

- 1-2& Step L back and sweep R back Cross R behind L Step L to side (12:00)
- 3-4& Cross R over L and sweep L forward Cross L over R Step R to side
- 5-6& Step L back and sweep R back Step R back Step L together
- 7-8& Step R forward Step L forward Turn 1/2 right weight on R (6:00)

REPEAT

TAG 1 (4 count) : On wall 2 after 24 count and end of wall 3

SIDE AND SWAYS

1-4 Step L to side sway to left – Sway to right – Sway to left – Sway to right and drag L toward R

TAG 2 (6 count) : On wall 6 after 24 count

BASIC NC2S (L & R), SIDE AND SWAYS

- 1-2& Step L to side Step R behind L Cross L over R
- 3-4& Step R to side Step L behind R Cross R over L
- 5-6 Step L to side and sway to left Sway to right and drag L toward R

For more info about step sheet & song, please contact:

Mamek : Roosamekto.Nugroho@gmail.com



