Lupa Nama Ingat Rasa



Count: 32 Wall: 4 Level: Improver

Choreographer: Anna (INA) - August 2022

Music: Lupa Nama Ingat Rasa - OKAAY



Restart I: On wall 3 (afrer 16 counts) - facing on 12 O'clock Restart II: On wall 7 (after 16 counts) - facing on 03 O'clock TAG I: 18 counts (after wall 5) - facing on 06 O'clock TAG II: 14 counts (after wall 10) - facing on 06 O'clock

Starting dance - Intro Music on vocal 32 counts.

I. FORWARD ROCK (SWITCHED) - BACK LOCK

1 - 2 &	Rock R forward, Recover on L, Close R together
3 - 4	Rock L forward, Recover on R
5 & 6	Step L backward, Lock R over L, Step L backward
7 & 8	Step R backward, Lock L over R, Step R backward

II. SIDE ROCK - CROSS SUFFLE - SIDE ROCK - SAILOR STEP

1 - 2	Rock L to left side, Recover on R
3 & 4	Cross L over right, Step R slightly to right side, Cross L over right
5 - 6	Rock R to right side, Recover on L
7 & 8	1/2 Turn right Cross R behind left (facing on 06 O'clock), Close L beside right, Step R forward

III. BOTAFOGO - POINT - HOOK - FWD

1 & 2	Cross L over right, Step R to right side, Step L in place
3 & 4	Cross R over left, Step L to left side, Step R in place
5 - 6	Point forward on L, Point L to left side
7 - 8	Make 1/4 Turn L with Hook on left (facing on 03 O'clock), Step L forward

IV. PIVOT WITH FLICK - KICK FWD - POINT - SWITCHED HEELS FWD - BIG STEP - TOUCH

1 - 2	Step R forward, Make ½ Turn L Step L forward with flick on right your foot (facing on 09 O'clock)
3 & 4	Kick R forward, Step R beside left, Point L to left side
5 & 6 &	Touch L Heel forward, Step L beside right, Touch R Heel forward, Step R beside left
7 - 8	Big Step forward on L , Touch R beside left

TAG I: 18 Counts

I. FWD - CLOSE TOGETHER - SYNCHOPATED OUT & IN - SIDE & HIPS BUMB

1 - 2	Step R forward, Close L together
& 3 & 4	Step R to right side, Step L to right side, Step R back to center, Close L together
5 - 6	Step R to right side, Touch L to left side with Hip Bumps
7 - 8	Step L to left side, Touch R to right side with Hip Bumps

II. BALL CROSS - MODIFIED MONTEREY - TOUCH - SIDE & HIP BUMBS - FREE STYLE (HAND STYLE)

& 1 - 2 - 3 - 4	Close R beside left, Cross L over right, Point R to right side, Hold, ½ Turn R Touch R beside
	left
F C	Char D to wight side. Tough I to left side with I lie Durane

5 - 6	Step R to right side, Touch L to left side with Hip Bumps
7 - 8	Step L to left side, Touch R to right side with Hip Bumps
9 - 10	Free Style but you can move your hands or fingers freely follow the rhythm of the music

And Restart again....

(count: 1 - 2)

TAG II: 14 Counts

I. V - STEP - FWD - PIVOT - FWD - CLOSE TOGETHER

1 - 2 - 3 - 4 Step diagonal forward on R, Step diagonal forward on L, Step R back on right, Step L beside

right (back to centre)

5 - 6 Step R forward, ½ Turn L Step L forward (facing on 12 O' clock)

7 - 8 Step R forward, Close L together

II. SIDE & HIP BUMPS - HIP ROLL

1 - 2 Step R to right side, Touch L to left side with Hip Bumps3 - 4 Step L to left side, Touch R to right side with Hip Bumps

5 - 6 Step R in place and Touch L with Hip Roll in a circle from left to right, Step L in place and

Touch R and weight on left

And Restart again...

Thank you□□

Enjoy your dance

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

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Last Update - 27 March 2023 - R1