Rasa Sayang (Nasi Lemak 2.0)

Level: Phrased Low Intermediate

Choreographer: BM Leong (MY) - October 2011

Music: Rasa Sayang (Nasi Lemak 2.0) - Huang Ming Zhi & Karen Kong

Sequence Of Dance: A/B/AA/BB(16)/AA/tag/B/AA/ending (Note: for the first A dance up to count 30 and add the following 2 counts –)

Step right forward 31

Count: 80

32 Pivot 1/2 turn left so that all the Bs are danced facing 12.00

Start the dance after 32 counts from the beginning of the track on vocal after "Are you ready?"

SECTION A - 32 counts

FORWARD ROCK, TRIPLE 1/2 TURN RIGHT, PADDLE 1/4 TURN RIGHT X 2

- Rock right forward, recover onto left 1-2
- 3&4 Triple 1/2 turn right on RLR
- Step left forward, 1/4 turn right shifting weight onto right 5-6
- 7-8 Step left forward, 1/4 turn right shifting weight onto right

FORWARD ROCK, TRIPLE 1/2 TURN LEFT, PADDLE 1/4 TURN LEFT X 2

- 1-2 Rock left forward, recover onto right
- 3&4 Triple 1/2 turn left on LRL
- 5-6 Step right forward, 1/4 turn left shifting weight onto left
- Step right forward, 1/4 turn left shifting weight onto left 7-8

CROSS, POINT, CROSS, POINT, FORWARD ROCK, COASTER STEP

- 1-2 Cross right over left, point left to left side
- 3-4 Cross left over right, point right to right side
- 5-6 Rock right forward, recover onto left
- 7&8 Coaster step on RLR

TRIPLE 1/2 TURN RIGHT, BACK ROCK, WALK FORWARD RLRL

- 1&2 Triple 1/2 turn right on LRL
- 3-4 Rock right back, recover onto left
- 5-8 Walk forward on RLRL

SECTION B – 48 counts (danced to rapping and always facing 12.00)

WALK FORWARD RLR, KICK, WALK BACKWARD LRL, TOUCH

- Walk forward on RLR, kick left forward 1-4
- 5-8 Walk backward on LRL, touch right together

RIGHT ROLLING VINE, TOGETHER, HAND ACTIONS

- 1-4 Right rolling vine on RLR, step left together
- 5-6 Place right hand forward, hold
- 7-8 Place left hand on top of right hand, hold

LEFT ROLLING VINE, TOGETHER, HAND ACTIONS

- 1-4 Left rolling vine on LRL, step right together
- 5-6 Place left hand forward, hold
- 7-8 Place right hand on top of left hand, hold

WALK FORWARD RLR, KICK, WALK BACKWARD LRL, TOUCH

1-4 Walk forward on RLR, kick left forward





Wall: 2

5-8 Walk backward on LRL, touch right together

RIGHT ROLLING VINE, TOUCH, LEFT & RIGHT MAMBO

- 1-4 Right rolling vine on RLR, touch left together
- 5&6 Left side mambo on LRL with forward chest push
- 7&8 Right side mambo on RLR with forward chest push

LEFT ROLLING VINE, TOUCH, RIGHT & LEFT MAMBO

- 1-4 Left rolling vine on LRL, touch right together
- 5-6 Right side mambo on RLR with forward chest push
- 7-8 Left side mambo on LRL with forward chest push

TAG

1-4 Bump Hips RLRL

Ending:

- 1-4 Make a big anti-clockwise circle with right hand
- 5-6 Make a big clockwise circle with left hand
- 7-8 Raise both hands to the back on right side

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