

Puasa

Compte: 36

Mur: 4

Niveau: High Beginner

Chorégraphe: Mei Lestari (INA) - May 2020

Musique: Puasa - Bimbo



Intro: 48 counts

I. ROCK FORWARD, RECOVER, SHUFFLE BACK, ROCK BACK, RECOVER, SHUFFLE FORWARD

- 1,2 Rock Rf forward, recover on Lf
- 3&4 Step Rf back, close Lf next to Rf, step Rf back
- 5,6 Rock Lf back, recover on Rf
- 7&8 Step Lf forward, close Rf next to Lf, step Lf forward

II. ½ TURN L, STEP BACK, SHUFFLE BACK, ROCK BACK, RECOVER, SHUFFLE FORWARD

- 1,2 ½ turn L step Rf back, step Lf back
- 3&4 Step Rf back, close Lf next to Rf, step Rf back
- 5,6 Rock Lf back, recover on Rf
- 7&8 Step Lf forward, close Rf next to Lf, step Lf forward

III. KICK HOOK, LOCK SHUFFLE FORWARD, STEP FORWARD, ½ TURN R, ¼ TURN R, CHASSE

- 1,2 Kick Rf forward, cross (hook) Rf over Lf
- 3&4 Step Rf forward, cross Lf behind Rf, step Rf forward
- 5,6 Step Lf forward, ½ turn R step on Rf
- 7&8 Make ¼ turn R step Lf to L, close Rf next to Lf, step Lf to L

IV. CROSS, SIDE, BEHIND, FLICK, CROSS, ¼ TURN L STEP BACK, ¼ TURN L CHASSE

- 1,2,3,4 Cross Rf over Lf, step Lf to L, cross Rf behind Lf, flick out on Lf
- 5,6 Cross Lf over Rf, ¼ turn L step Rf back
- 7&8 Make ¼ turn L step Lf to L, close Rf next to Lf, step Lf to L

****Restart here on Wall 3,7,11,12**

V. STEP SIDE, TOUCH BESIDE 2X

- 1.2.3.4 Step Rf to R, touch Lf next to Rf, step Lf to L, touch Rf next to Lf

Restart on Wall 3, 7, 11, 12 after 32 counts

Have Fun....