

Rekha

Compte: 32

Mur: 4

Niveau: Improver

Chorégraphe: Angéline Fourmage (FR) - 6 January 2025

Musique: Rekha - DESI TRILL & Mumzy Stranger



Start: 0,8s. approximately, After the woman voice, On the lyrics with singer man

Sequence : A-A-16-A-A-A-A

[1-8] Walkx2, Mambo ½ R, Back ½ R, (option: walk back, walk back), Back, Coaster-Step

- 1-2 Walk FW: R, L
- 3&4 RF FW, Recover to LF, Make ½ R with RF FW
- 5-6 Make ½ R with LF Back, RF Back
- 7&8 LF Back, RF next to LF, LF FW

[9-16] Side, Sailor-Step ¼ L, Sweep, Sway, Sway, Scissor-Step

- 1-2& RF to the R side, Cross LF behind RF, Make ¼ L with RF Back
- 3-4 LF FW with R Sweep from back to the front, Cross RF over LF
- 5-6 LF to the L side with L Sway, R Sway
- 7&8 LF to the L side, Cross RF behind LF, Cross LF over RF

[17-24] Toe-Strut ¼ R, Toe-Strut ½ R, Rock-Step, V-Step

- 1-2 Make ¼ R with R Toe FW, Down your R Heel
- 3-4 Make ½ R with L Toe Back, Down your L Heel
- 5-6 RF Back, Recover to LF
- &7&8 RF FW on R Diagonal, LF FW on L Diagonal, RF Back, LF next to RF

[25-32] Anchor-Step, Anchor-Step, Scissor-Step, Mambo, ¼ R, ½ R

- 1&2 RF behind LF, recover weight on LF, Recover weight on RF
- 3&4 LF behind RF, recover weight on RF, Recover weight on LF
- 5&6 RF to the R side, LF behind RF, Cross RF over LF
- 7&8 LF to the L side, recover to the RF with ¼ R, ½ R with LF Back (Finish weight is on LF)

For Level Beginner : Rekha EZ (Angéline FOURMAGE)

Smile et enjoy the dance

Contact: maellynedance@gmail.com

Last Update: 15 Jan 2025