

Tabola Bale

Compte: 64

Mur: 2

Niveau: Improver

Chorégraphe: Jasica Ica (INA) & Ega Restina (INA) - June 2025

Musique: TABOLA BALE (feat. Jacson Zeran, Juan Reza, Diva Aurel & Papa Adung) - Silet Open Up



Start dance on vocal

3 Tag (After wall 1, 5, 7)

1 Restart (on wall 4 after 40 counts)

1 Tag and Restart (on wall 3 after 16 counts)

SEC 1 : JAZZ BOX CROSS – SYNCHOPATHED SWIVELS to RIGHT

1 2 3 4 Cross R over L, Step L back, Step R to side, Cross L over R

5&6& Close R together L, Swivel right both heels, Swivel right both toes, Swivel right both heels

7&8 Swivel right both toes, Swivel right both heels, Swivel right both toes

SEC 2 : JAZZ BOX CROSS – SYNCHOPATHED SWIVELS to LEFT

1 2 3 4 Cross L over R, Step R back, Step L to side, Cross R over L

5&6& Close L together R, Swivel left both heels, Swivel left both toes, Swivel left both heels

7&8 Swivel left both toes, Swivel left both heels, Swivel left both toes

SEC 3 : DIAGONAL FORWARD SHUFFLE (R,L) – STEP BACK – CLOSE

1&2 Step R diagonal forward, Close L together R, Step R diagonal forward

3&4 Step L diagonal forward, Close R together L, Step L diagonal forward

5 6 7 8 Step back on R, L, R, Close L together R

SEC 4 : CHARLESTON – JUMP TO SIDE

1 2 Touch R toe forward, Step back on R

3 4 Touch L toe backward, Step L forward

5 6 Jump on L to right side, Jump on R to left side

7 8 Jump on L to right side, Jump on R to left side

SEC 5 : DIAGONAL LONG STEP – HIP BUMP – (R,L)

1 2 Diagonal long step R, Close L together R

3&4 Bump hip to right, left, right

5 6 Diagonal long step L, Close R together L

7&8 Bump hip to left, right, left

SEC 6 : KNEE POP – LONG STEP – CLOSE

1 2 Step R to side while R knee in (drop your body), L in place while L knee in (drop your body)

3&4 In place R while R knee in, R knee out, R knee in

5 6 Long step R forward, Close L together R

7 8 Long step L backward, Close R together L

SEC 7 : PIVOT ½ TURN LEFT – STEP FORWARD – FLICK TWICE (R,L)

1 2 Step R forward, ½ turn left L in place

3 4 Step forward on R, L

5&6 Flick twice on R

7&8 Flick twice on L

SEC 8 : HITCH R TWICE – SWIVEL – STEP SIDE and CLOSE (R,L)

1&2& Hitch on R twice

3&4 Swivel on R to forward

5 6 Step R to side, Close L together R
7 8 Step L to side, Close R together L

TAG (4 counts) After wall 1, 4 and 8

JAZZ BOX

1 2 3 4 Cross R over L, Step L back, Step R to side, Step L forward

Enjoy the Dance

Last Update: 5 Jul 2025
