

Bedincak

拍数: 32 墙数: 4 级数: Improver
编舞者: Nita Nefos (INA) & Ayko (INA) - April 2022
音乐: Bedincak - Joe Ramdhani



Intro : 52 counts
Restart & Tag on wall 3,5,7,10 after 16 counts
Tag 4 Count
Ending on Wall 16 after 12 count.

INTRO 48 + 4 counts

Intro 48 counts (optional)

i1. WEAVE, ¼ TURN L, WEAVE (Repeat 6X)

1 2 Cross Rf over Lf, Step Lf to L
3 4 Cross Rf behind Lf, Touch Lf to L
5 6 Cross Lf over Rf, turn ¼ L Stepping Rf back
7 8 Step Lf back, Touch Rf to R

i2. PIVOT ¼ TURN L (2X)

1 2 Step Rf fwd, turn ¼ L weight on Lf

MAIN DANCE

SECTION 1. WEAVE, FLICK, WEAVE, ¼ TURN L, FLICK

1 2 Cross Rf over Lf, Step Lf to L
3 4 Cross Rf behind Lf, Flick Lf
5 6 Cross Lf over Rf, turn ¼ L Stepping Rf back
7 8 Step Lf back, Flick Rf

SECTION 2. ROCK FORWARD, CHASSE, ROCK FORWARD, ¼ TURN L, SUFFLE

1 2 Rock Rf fwd, Recover on to Lf
3&4 Step Rf to R, Close Lf next to Rf, Step Rf to R
5 6 Rock Lf fwd, Recover onto Rf
7&8 Turn ¼ L stepping Lf fwd, Close Rf next to Lf, Step Lf fwd

SECTION 3. HEEL, TOE R, HEEL TOE L (2X)

1 2 Touch Rf heel fwd, touch Rf toe next to Lf
3 4 Touch Rf heel fwd, Close Rf next to Lf
5 6 Touch Lf heel fwd, touch Lf toe next to Rf
7 8 Touch Lf heel fwd, touch Lf toe next to Rf

SECTION 4. ROCK FWD, SAILOR STEP, JAZZ BOX

1 2 Step Lf fwd, Recover on to Rf
3&4 Cross Lf behind Rf, Turn ¼ L Stepping Rf, Step Lf to L
5 6 Cross Rf over Lf, Step Lf back
7 8 Step Rf to R, Step Lf fwd

TAG: ROCKING CHAIR

1 2 Rock Rf fwd recover on to Lf
3 4 Rock Rf back recover on to Lf

Enjoy the dancing

Email : nefos.psi@gmail.com

