# SINARAN

拍数: 64

级数: Phrased Beginner

编舞者: Madhe (INA) - May 2025

音乐: Sinaran (feat. Laleilmanino) - Rumpies

## Sequence : AAB AA AAB AA AA AA(16 count) AA AA A

### **RESTART : On Wall 14 After 16 Count**

#### PART A. 32 Count

### S1. SIDE MAMBO R/L, FWD MAMBO, BACK MAMBO

- 1&2 Rock RF to Side, Recover on LF, Step RF Together
- 3&4 Rock LF to Side, Recover on RF, Step LF Together
- 5&6 Rock RF Forward, Recover on LF, Step RF Back
- 7&8 Rock LF Back, Recover on RF, Step LF Forward

## S2. OUT OUT IN IN, PIVOT ½, PIVOT ¼

- 1-2 Step RF Forward Diagonal Right, Step LF Forward Diagonal Left
- 3-4 Step RF Back in place, Step LF Beside RF
- 5&6 Step RF Fwd, <sup>1</sup>/<sub>2</sub> Turn Left Weight on LF
- 7&8 Step RF Fwd, ¼ Turn Left Weight on LF (3.00)

### **S3. CHARLESTONE**

- 1-2 Step RF Forward, Touch LF Toe Forward
- 3-4 Step LF back, Touch RF toe back
- 5-6 Step RF Forward, Touch LF Toe Forward
- 7-8 Step LF back, Touch RF toe back

#### S4. K-STEP

- 1-2 Step R Forward Diagonally Right, Touch L Toe Beside R
- 3-4 Step Back on L Diagonally Left, Touch R Toe Beside L
- 5-6 Step Back on R Diagonally Right, Touch L Toe Beside R
- 7-8 Step L Forward Diagonally Left, Touch R Toe Beside L

## PART B. 32 Count

S1. CROSS STEP SIDE, STEP TOUCH R/L

- 1234 Cross RF Over LF, Step LF to Side, Cross RF Behind LF, Touch LF to Side
- 5678 Cross LF Over RF, Step RF to Side, Cross LF Behind RF, Touch RF to Side

## S2. ¼ TURN JAZZBOX TWICE

- 1-2 Cross R Over L, ¼ Turn R Step Back on L
- 3-4 Step R To Side, Step L Forward
- 5-6 Cross R Over L, ¼ Turn R Step Back on L
- 7-8 Step R To Side, Step L Forward

## S3. CROSS STEP SIDE, STEP TOUCH R/L

- 1234 Cross RF Over LF, Step LF to Side, Cross RF Behind LF, Touch LF to Side
- 5678 Cross LF Over RF, Step RF to Side, Cross LF Behind RF, Touch RF to Side

## S4. ¼ TURN JAZZBOX TWICE

- 1-2 Cross R Over L, ¼ Turn R Step Back on L
- 3-4 Step R To Side, Step L Forward
- 5-6 Cross R Over L, ¼ Turn R Step Back on L





**墙数:**4

谱

Enjoy the Dance!!!

7-8