

Bali Ha'i

拍数: 32 墙数: 1 级数: Beginner
编舞者: Irene Groundwater (CAN)
音乐: Bali Ha'I - Ross Mitchell, His Band and Singers



SIDE, HOLD, TOGETHER, BACK, SIDE, HOLD, TOGETHER, FORWARD

- 1-2 Side step right, hold
- 3-4 Step left beside right, right back
- 5-6 Side step left, hold
- 7-8 Step right beside left, left forward

FORWARD, HOLD, REPLACE, FORWARD, FORWARD, HOLD, REPLACE, FORWARD

- 1-2 Right forward, hold
- 3-4 Replace weight on left, right forward
- 5-6 Left forward, hold
- 7-8 Replace weight on right, left forward

Forward steps are towards the left front corner - 11:00

DIAGONAL, BACK, HOLD, LOCK, DIAGONAL BACK, DIAGONAL BACK, HOLD, LOCK, DIAGONAL BACK

- 1-2 Right diagonal back to right (facing 11:00), hold
- 3-4 Lock left over right, right diagonal back to right
- 5-6 Left diagonal back to left (facing 1:00), hold
- 7-8 Lock right over left, left diagonal back to left

Options:

- 2 Bring left arm across body towards right back
- 6 Bring right arm across body towards left back

SIDE, DRAG, DRAG, TOUCH, SIDE, DRAG, TOUCH, HOLD

- 1 Large side step right (facing 12:00:00)
- 2-3 Drag left ball toward right for 2 beats
- 4 Touch left ball beside right instep
- 5-6 Side step left, drag right ball toward left
- 7-8 Touch right ball beside left instep, hold

You should now be in your original position to start the dance again

REPEAT