

Pao - Pao

拍数: 64 墙数: 2 级数: Intermediate
编舞者: Wandy Hidayat (INA) - October 2012
音乐: Pao Pao by Elli Kokkinou



Start on vocal after 32 counts intro

Section 1. Rocking Chair, Cross, Recover, Toe Touch, Cross, (3X) Ball Step

- 1 & Cross/rock L over R, recover on R
- 2 & Step/rock L backward diagonally left, recover on R
- 3 & 4 Cross/rock L over R, recover on R, touch L to left side
- 5-6-7-8 Cross L over L, ball step in place R-L-R

Section 2. Cross, Recover, Back, Cross, Recover, Forward, (3X) Back-drag, Back

- 1 & 2 Cross/rock L over L, recover on R, step L backward diagonally left
- 3 & 4 Cross/rock R behind, recover on L, step R forward diagonally right
- 5 & 6 & Step L behind R, drag R toe towards L, step R behind L, drag L toe towards R
- 7 & 8 Step L behind R, drag R toe towards L, step R behind L

Section 3. Long Lock Step, Toe Touches, Kick Ball Touch

- 1 & 2 & Step L forward, cross R behind L, step L forward, cross R behind L
- 3 & 4 Step L forward, cross R behind L, step L forward
- 5 – 6 Touch R toe behind L, touch R toe to right side
- 7 & 8 Kick R forward, step R beside L, touch L toe to left side

Section 4. Cross, Recover, Grapevine, (2X) Cross-Recover-Side

- 1 – 2 Cross/rock L over R, recover on R
- 3 & 4 Cross L behind R, step R to right side, step L to left side
- 5 & 6 Cross/rock R over L, recover on L, step R to right side
- 7 & 8 Cross/rock L over R, recover on R, step L to left side

Section 5. Prissy Walk, Cross, Recover, Forward, Back, Back, Side

- 1 – 2 Cross R over L, cross L over R
- 3 & 4 Cross/rock R over L, recover on L, recover on R
- 5 – 6 Step L forward, step R backward
- 7 – 8 Step L backward, step R to right side

Section 6. (R/L) ¼ Turn-Recover-¼ Turn, ¼ Turn, Lock, Forward Lock Step

- 1 & 2 Turn ¼ right step/rock L forward, recover on R, turn ¼ left stepping L to left side
- 3 & 4 Turn ¼ left step/rock R forward, recover on L, turn ¼ right stepping R to right side
- 5 – 6 Turn ¼ left step L forward, cross R behind L
- 7 & 8 Step L forward, cross R behind L, step L forward

Section 7. 3/8 Turn, Forward, Lock Step, Touch, Together, Touch, Kick Ball Touch

- 1 – 2 Turn 3/8 right step R forward, step L forward (07.30)
- 3 & 4 Step R forward, cross L behind R, step R forward
- 5 & 6 Touch L toe to left side, step L beside R, touch R toe to right side
- 7 & 8 Kick R forward, step R beside L, touch L toe to left side

Section 8. Forward, ½ Turn, Lock Step, 3/8 Turn, Side Shuffle

- 1 – 2 Step L forward, turn ½ right on ball of L touch R toe beside L (01.30)
- 3 & 4 Step R forward, cross L behind R, step R forward

5 – 6 Step L forward, turn 3/8 right touch R toe beside L (06.00)
7 & 8 Step R to right side, step L beside R, step R to right side

Repeat

Happy dancing ...

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