

Nasi Bekepor

拍數: 64 牆數: 1 級數: Phrased Intermediate
編舞者: Roosamekto Mamek (INA) - March 2015
音樂: Nasi Bekepor by Nadira Arisanty



Intro: 32 count

Sequences: A, bridge 1, B, bridge 2, A, bridge 1, B, bridge 2, TAG, A, bridge 1, B, bridge 2, A, bridge 1, B
A (Always start facing 12:00)
B (Always start facing 06:00)

Choreographer's note: For advanced dancers, you may change all the forward & back shuffle to forward locked & back locked shuffle. TQ

A.1: CROSS/ROCK, RECOVER, TOUCH, SIDE STEP

1-4 Cross/Rock R over L – Recover on L – Touch R beside L – Step R to side
5-8 Cross/Rock L over R – Recover on R – Touch L beside R – Step L to side

A.2: WEAVE, CROSS SHUFFLE, SIDE ROCK, RECOVER

1-4 Cross R over L – Step L to side – Cross R behind L – Step L to side
5&6 Cross R over L – Step L to side – Cross R over L
7-8 Rock L to side – Recover on R

A.3: WEAVE, CROSS SHUFFLE, SIDE ROCK, RECOVER

1-4 Cross L over R – Step R to side – Cross L behind R – Step R to side
5&6 Cross L over R – Step R to side – Cross L over R
7-8 Rock R to side – Recover on L

A.4: JAZZ BOX TURN 1/4 RIGHT (2X)

1-4 Cross R over L – Turn ¼ right step L back – Step R to side – Step L forward
5-8 Cross R over L – Turn ¼ right step L back – Step R to side – Step L forward

BRIDGE 1: ROCKING CHAIR

1-4 Rock R forward – Recover on L – Rock R back – Recover on L

B.1: SWITCH TOUCHES, RIGHT LINDY

1-4 Touch R to side – Touch R beside L – Touch R to side – Touch R beside L
5&6 Step R to side – Step L together – Step R to side
7-8 Rock L back – Recover on R

B.2: SWITCH TOUCHES, LEFT LINDY

1-4 Touch L to side – Touch L beside R – Touch L to side – Touch L beside R
5&6 Step L to side – Step R together – Step L to side
7-8 Rock R back – recover on L

B.3: WALK FORWARD R-L, FORWARD SHUFFLE, FORWARD, PIVOT TURN 1/2 RIGHT, FORWARD SHUFFLE

1-2 Step forward R – Step forward L
3&4 Step R forward – Step L together – Step R forward
5-6 Step L forward – Turn ½ right
7&8 Step L forward – Step R together – Step L forward

B.4: WALK FORWARD R-L, FORWARD SHUFFLE, ROCK FORWARD, RECOVER, BACK SHUFFLE

1-2	Step R forward – Step L forward
3&4	Step R forward – Step L together – Step R forward
5-6	Rock L forward – Recover on R
7&8	Step L back – Step R together – Step L back

BRIDGE 2: STEP TO SIDE WITH HIPS SWAY RIGHT, SWAY LEFT, SWAY RIGHT, SWAY LEFT

1-4	Step R to side sway hip right – Sway hips left – Sway hips right – Sway hips left
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REPEAT

TAG: End of wall 2 (after you do the bridge 2)

CROSS, SIDE, CROSS SHUFFLE

1-2	Cross R over L – Step L to side
3&4	Cross R over L – Step L to side – Cross R over L
5-6	Cross L over R – step R to side
7&8	Cross L over R – Step R to side – Cross L over R

For Song & Step Sheet, please contact: Roosamekto.Nugroho@gmail.com
