Saahyaang



拍數: 96 牆數: 1 級數: Phrased Beginner

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音樂: Sayang - Via Vallen



Start dance on vocal.

Sequence (A-BB-CC-DD-EE) (A-BB-CC-DD-EE) (A-BB)

Part A (32 counts)

(This part is mainly hands movements, while swaying hips to right and left)

1 – 4	stretch both arms forward diagonally, palms facing up
5 – 8	bring boths arms behind both ears
9 – 12	cross both hands on chest, plams facing chest
13 – 16	stretch out right hand forward diagonally right, palm facing up
17 – 20	stretch out left hand forward diagonally left, palm facing up
21 – 24	bring both arms together above head, then gradually take both arms down along side body
25 – 26	palms facing front at chest level, move open to both sides (2 counts)
27 – 28	make fist on both hands straight up at eye level, move elbows down (2 counts)
29 – 32	make "heart" figure on right chest

Part B (16 counts)

SIDE TOGETHER SIDE TOUCH, SIDE TOUCHES

1 – 4	Step RF to side , step LF together, step RF to side , touch LF beside RF
5 – 8	Step on LF , touch RF, step on RF , touch LF
9 – 12	Step LF to side , step RF together, step LF to side, touch RF beside LF
13 – 16	Step on RF, touch LF, step on LF, touch RF

Part C (16 counts)

ROCKING CHAIR, PADDLE TURNS

1 – 4	Rock RF fwd , recover on LF , rock LF back , recover on LF
5 – 8	Rock RF to side , recover on LF , turn ¼ left rock RF to side , recover on LF
9 – 12	Rock RF fwd , recover on LF , rock LF back , recover on LF
13 – 16	Rock RF to side, recover on LF, turn 1/4 left rock RF to side, recover on LF

Part D (16 counts)

RF & LF DIAGONAL STEP TOGETHER STEP TOUCH, BACK STEP AND HITCH

1 – 4	Step RF diagonally fwd , step LF together , step RF diagonally fwd, touch LF together
5 – 8	Step LF diagonally fwd , step RF together, step LF diagonally fwd, touch RF together
9 – 12	(squaring front) step back on RF, hitch LF, step back LF, hitch RF
13 – 16	Step back on RF , hitch LF , step back on LF , hitch RF

Part E (16 counts)

V-STEPS 2X, FORWARD, PIVOT ½ LEFT, FORWARD, PIVOT ½ LEFT

1 – 4	Step RF forward and out, step LF to side, step RF to centre, step LF beside RF
5 – 8	Step RF forward and out, step LF to side, step RF to centre, step LF beside RF
9 – 12	Step RF forward , hold , turn ½ left , hold

13 – 16 Step RF forward , hold , turn ½ left , hold

ENJOY THE DANCE.

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