

# Lamandau Sega

拍數: 32      牆數: 4      級數: Beginner  
編舞者: Henry Riawati (INA) - November 2021  
音樂: Lagu Lamandau Sega - Dikia, Melisa & Amanda



## Intro 36 count

### S1 : CROSS ROCK, RECOVER, SIDE CHASSE, WEAVE, SWEEP

1 2            Cross RF over LF, recover on LF  
3 & 4        Step RF to R side, LF together RF, step RF to R side  
5 6            Cross LF over RF, step RF to R side 7 8 Step LF behind RF, sweep RF front to back

### S2 : CROSS BEHIND, SIDE, SHUFFLE FORWARD, ¼ PIVOT R, CROSS SHUFFLE

1 2            Cross RF behind LF, step LF to L side  
3 & 4        Step LF forward, LF together RF, step RF forward  
5 6            Step LF forward, ¼ turn R recover on RF (weight on RF) 7 & 8 Cross LF over RF, step RF to R side, step LF over RF

### S3 : RUMBA BOX

1 2            Step RF to R side, step LF together RF  
3 & 4        Step RF forward, LF together RF, step RF forward  
5 6            Step LF to L side, step RF together LF 7 & 8 Step LF backward, RF together LF, step back on LF

### S4 : ROCK BACK RECOVER, TRIPLE ½ TURN L, ROCKBACK RECOVER, SHUFFLE FORWARD

1 2            Rock back on RF, recover on LF  
3 & 4        ½ turn L step back on RF, step back LF together RF, step back on RF  
5 6            Step back on LF, recover on RF 7 & 8 Step LF forward, RF together LF, step LF forward

**Note : Tag after walls 2, 4, 7, 9, 11 (4 counts)**  
**TAG (Sway R, L, R, L)**

Contact : [henyr2008@gmail.com](mailto:henyr2008@gmail.com)

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