Simpang Ampek

拍數: 22

級數: High Beginner

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音樂: Simpang Ampek Suko Mananti - Julia Anugerah Putri

Start after 48 seconds (after the word of Simpang Ampek)

#1. ROCKING CHAIR, HEEL TOUCH TWICE

- Rock RF forward, recover on LF, rock RF back, recover on LF 1&2&
- 3&4& Touch R heel forward, touch R toe beside LF, touch R heel forward, step RF beside LF
- 5&6& Rock LF forward, recover on RF, rock LF back, recover on RF
- 7&8& Touch L heel forward, touch L toe beside RF, touch L heel forward, step LF beside RF

#2. ROCK FORWARD, ¼ TURN R STEP SIDE, HITCH, HINGE TURN ½ L, HITCH, WALK FORWARD, POINT TOUCH, BACKWARD, POINT TOUCH

- 1&2& Rock RF forward, recover on LF, 1/4 turn R step RF to R, hitch on LF
- 3&4& Cross LF over RF, ¼ turn L step RF back, ¼ turn L step LF to L, hitch on RF
- 5&6& Step RF forward, step LF forward, step RF forward, touch LF to L
- 7&8& Step LF back, step RF back, step LF back, touch RF to R

#3. GRIND HEEL ¼ TURN, ROCK BACK, GRIND HEEL ¼ TURN, ROCK BACK, STEP TOUCH

- Cross R heel over LF, swivel R heel ¼ turn R step LF back, rock RF back, recover on LF 1&2&
- Cross R heel over LF, swivel R heel ¼ turn R step LF back, rock RF back, recover on LF 3&4&
- 5&6& Step RF to R, touch LF beside RF, step LF to L, touch RF beside LF

Tag 10 counts after Wall 2, 4, 7

WEAVE, CROSS ROCK, SIDE, HITCH (R & L), PIVOT 1/2 TURN L 2X

- Cross RF over LF, step LF to L, cross RF behind LF, step LF to L 1&2&
- 3&4& Rock cross RF over LF, recover on LF, step RF to R, hitch on LF
- 5-8& Reverse 1-4&
- 9&10& Step RF forward, 1/2 turn L weight on LF, step RF forward, 1/2 turn L weigh on LF

Ending : After Wall 9, Do like a tag only 8 counts, when a count of 8 turn 1/4 to L, hitch RF (&) and drop it forward!

Have Fun...





牆數:4