Pepeha

拍數: 48

級數: Improver

編舞者: Alida Ho (NZ) - May 2022

音樂: Pepeha - SIX60 : (music available on Spotify)

牆數:2

Introduction: Start on vocals "Ko Mana" about 3 seconds in.

SEC. 1: FORWARD WALTZ BOX ON LF, TURNING ¼ LEFT

- Step forward on LF, step right on RF, together, 1.2.3
- 4,5,6 step back on RF, step 1/4 left on LF, together. (9.00)

SEC. 2: REPEAT THE WALTZ BOX WITHOUT TURNING

- 1.2.3 Step forward on LF, step right on RF, together,
- 4,5,6 Step back on RF, step left on LF, together.

SEC. 3: STEP LOCK STEP, STEP LOCK STEP

- Step forward diagonally on LF, lock RF behind LF, step forward on LF, 1.2.3
- 4,5,6 Step forward diagonally on RF, lock LF behind RF, step forward on RF.

SEC. 4: FORWARD, TAP BEHIND, HOLD, BACK, HOOK LEFT IN FRONT, HOLD

- 1,2,3 Step forward on LF, tap RF behind left, HOLD,
- step back on RF and hook LF in front of right, HOLD. 4,5,6

SEC. 5: STEP, SWEEP RF, STEP, SWEEP LF

- 1,2,3 Step forward on LF, sweep RF forward over 2 counts,
- 4,5,6 Step forward on RF, sweep LF forward over 2 counts.

SEC. 6: FORWARD ROCK RECOVER, 1/4 TURN LEFT, CROSS, SIDE, TOGETHER

- 1,2,3 Step forward on LF, rock recover, turn 1/4 left,
- 4,5,6 Cross RF over left, step LF to side, together. (6.00)

SEC. 7: BASIC FORWARD WALTZ STEP, BASIC BACKWARD WALTZ STEP

- 1,2,3 Step forward on LF, together, step back on LF,
- 4,5,6 Step back on RF, together, step forward on RF.

SEC. 8: STEP LEFT, SWAY, SWAY, STEP RIGHT, SWAY, SWAY

- 1,2,3 Step LF to the left, sway hips to left over 2 counts to the left,
- 4,5,6 Step RF to the right, sway hips to right over 2 counts.

ENDING: When the music starts slowing down near the end, dance up to (and include) the first 3 COUNTS of SECTION 6, (you will be facing 3.00), ending with RF crossed over left to end up facing 12.00 to finish the dance.

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