Nadion Paar

拍數: 32

級數: High Beginner

編舞者: Asbar Kaltim (INA) - August 2022

音樂: Nadiyon Paar (Let the Music Play Again) - Sachin-Jigar, Rashmeet Kaur, Shamur & IP Singh

tag : wall 2 wall 5 & wall 8 by doing hip bump R/L/R/L 4 count restart : wall 4 after 16 count

I. BOTAFOGO, ROCK BACK, IN PLACE

- Cross Rf over Lf, Rock Lf to left side, Recover on Rf 1a2
- Cross Lf over Rf, Rock Rf to right side, Recover on Lf 3a4
- 5&6 Rock back on Rf, Recover on Lf, Step Rf in place
- 7&8 Rock back on Lf, Recover on Rf, Step Lf in place
- (5-8 : doing with bounce)

II. ROCK SIDE, CROSS SHUFFLE, ROCK SIDE, BEHIND, SIDE, CROSS

- 1-2 Rock Rf to right side, Recover on Lf
- 3&4 Cross Rf over Lf, Step Lf to left side Cross Rf over Lf
- 5-6 Rock Lf to left side, Recover on Rf
- 7&8 Cross Lf behind Rf, Step Rf to right side, Cross Lf over RF

III. SAMBA WHISK, 1/4 TURN RIGHT, 1/2 TURN RIGHT VOLTA

- Step Rf to right side, Rock Lf behind RF, Recover on Rf 1a2
- 1/4 turn right Step Lf to left side, Rock Rf behind Lf, Recover on Lf 3a4
- 5&6 1/8 Step Rf forward, Step Lf beside RF, 1/8 turn right step Rf forward, Step Lf beside Rf
- 1/8 turn right step Rf forward, Step Lf beside Rf, 1/8 turn right step Rf forward 7&8

IV. FORWARD, FULL SPIRAL TURN, FORWARD SHUFFLE, KICK FORWARD, BATUCADAS

- 1-2 Step Lf forward, Step Rf forward and make full spiral turn
- 3&4 Step Lf forward, Step Rf beside Lf, Step Lf forward
- Kick Rf forward, Step back on Rf and bump L hip, Step back on Lf and bump R hip &5-6
- Step back on Rf and bump L hip, Step Lf beside Rf 7-8





牆數:4