Ishqam, Dilbar Di Di Na...

級數: Improver

編舞者: Abadi Haria (INA), Katarina Sherrina (INA) & Marchy Susilani (HK) - March 2024 音樂: Ishqam - Mika Singh & Ali Quli Mirza

NO TAG & 1RESTART (On Wall 4 - After 16 counts)

S1. MAMBO, HIP ROLL - CROSS SHUFFLE

拍數: 32

- 1&2. Rock RF FWD, Recover on LF, Step RF beside LF
- 3&4. Rock LF bwd, Recover on RF, Step LF beside RF
- 5 6. Step RF to R side while rotating your hips counterclockwise for 2 counts (Body weight on LF)
- 7&8. Cross RF over LF, Step LF to L side, Cross RF over LF

S2. ¼L. QUARTER DIAMOND - ANCHOR, COASTER STEP - ½L. PIVOT

- 1&2. Cross LF over RF, Turn ¼L. Step RF to R side, Step back on LF
- 3&4. Rock RF bwd, Recover on LF, Step RF inplace
- 5&6. Step back on LF, Step RF beside LF, Step LF forward
- 7 8. Step RF forward, Turn ½L. Step LF inplace

S3. CROSS SHUFFLE - 1/2L. CROSS SHUFFLE, SYNCOPATED WEAVE - BACK

- 1&2. Cross RF over LF, Step LF to L side, Cross RF over LF
- 3&4. Turn 1/2L. Cross LF over RF, Step RF to R side, Cross LF over RF
- 4&6&7&8. Cross RF over LF, Step LF to L side, Cross RF behind LF, Step LF to L side, Cross RF over LF, Step LF to L side, Cross RF behind LF

S4. BACK SHUFFLE - BACK SWEEP, COASTER STEP- FORWARD SHUFFLE

- 1&2. Step back on LF, Step RF beside LF, Step back on LF
- 3 4. Sweep RF clockwise backwards, Sweep LF counterclockwise backwards
- 5&6. Step back on RF, Step LF beside RF, Step RF forward
- 7&8. Step LF forward, Step RF beside LF, Step LF forward

CONTACT : abadiharia331@gmail.com sherrinataslim@gmail.com marchysusilani19@gmail.com

Last Update: 18 Mar 2024





牆數: 4