Sepenuh Hati

拍數: 32

級數: Easy Intermediate

編舞者: Hotma Tiarma Purba (INA) - April 2024

音樂: Sepenuh Hati - Rony Parulian & Andi Rianto

I. WALK R-L, MAMBO STEP, BEHIND, 1/8 R FORWARD, FORWARD, RECOVER, FORWARD

- 1-2 Step R forward, step L forward
- 3&4 Step R forward, recover on L, step R back while sweep L
- 5&6 Cross L behind R, 1/8 turn right step R forward, step L forward (1.30)
- 7&8 Recover on R, close L beside R, step R forward

II. 1/8 R PIVOT, HINGE TURN, WALK, ¼ L PIVOT, CROSS, SIDE

- 1&2 Step L forward, 1/8 turn right step R in place, cross L over R (3.00)
- 3&4 ¹/₄ Turn left step R back, ¹/₄ turn left step L to side, step R forward (9.00)
- 5-6& Step L forward, step R forward, 1/4 turn left step L in place (12.00)
- 7&8& Cross R over L, recover on L, step R to side, recover on L

#Restart here on wall 3 facing 6.00 & wall 7 facing 12.00

III. BACK, BEHIND, 1/8 R FORWARD, FORWARD, ½ L PIVOT, ½ R PIVOT, SPIRAL, FORWARD, CLOSE

- 1-2& Step R back while sweep L, cross L behind R, 1/8 turn right step R forward (7.30)
- 3-4& Step L forward, step R forward, ¹/₂ turn left step L in place (1.30)

#Restart here on wall 5 facing 12.00

- 5-6& Step R forward, step L forward, ¹/₂ turn right step R in place (7.30)
- 7-8& Cross L over R and 7/8 R spiral, step R forward, close L beside R (6.00)
- #Restart here on wall 9 facing 12.00

IV. BASIC NC R-L, SIDE, ½ L WITH LIFT L, STEP, ½ L BACK, COASTER STEP

- 1-2& Long step R to side, step L slightly behind R, cross R over L
- 3-4& Long step L to side, step R slightly behind L, cross L over R
- 5-6& Step R to side while ¹/₂ turn left and lift L, step down L, ¹/₂ turn left step R back
- 7-8& Step L back, step R back, close L beside R

Enjoy the dance!

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牆數:2