

Sakit Pinggang

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Beginner
編舞者: Mama Tini (INA) - January 2025
音樂: DJ Sakit Pinggang Remix by Mr. Twik



Intro : 60 count

S1. SHUFFLE FOWARD RIGHT & LEFT, BACKWARD STEP

1&2 Step R foward, step L together, step R foward
3&4 Step L foward, step ar together, step L foward
5-6 Step R backward, step L backward
7-8 Step R backward, step L backward

S2. SIDE TOE TOUCH RIGHT & LEFT, JAZZ BOX

1-2 Touch R toe to right side, step R beside L
3-4 Touch L toe to left side, step L beside R
5-6 Cross R over L, step L back
7-8 Step R to side, step L Forward

S.3. MAMBO SIDE, CROSS SHUFFLE, MAMBO STEP FORWARD, COASTER STEP

1-2 Step R to right side, recover on L
3&4 Cross R over L, step L together, cross R over L
5-6 Step L forward, recover on R
7&8 Step L back, step R back together, step L forward

S.4. V STEP, PADDLE TURN ¼ LEFT

1-2 Step R diagonal forward, step L diagonal forward
3-4 Step R back to center, step L back to center
5-6 Step R diagonal, turn 1/8 left, weight on L (20:30)
7-8 Step R diagonal, turn 1/8 left, weight on L (21:00)

TAQ 1 on Wall 1 after 16 Count & Wall 6 after 24 Count

TAQ. V STEP, PIVOT TURN ½ LEFT 2X, V STEP

1-2 Step R diagonal forward, step L diagonal forward
3-4 Step R back to center, step L back to center
5-6 Step R forward, turn ½ left weight on L
7-8 Step R forward, turn ½ left weight on L
9-10 Step R diagonal forward, step L diagonal forward
11-12 Step R back to center, step L back to center

TAQ 2 after wall 3

TAQ. V STEP, PIVOT TURN ½ LEFT 2X

1-2 Step R diagonal forward, step L diagonal forward
3-4 Step R back to center, step L back to center
5-6 Step R forward, turn ½ left weight on L
7-8 Step R forward, turn ½ left weight on L

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