

Mawut

拍數: 72 牆數: 4 級數: Phrased Improver
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音樂: Mawut - Arman Harjo & GFRN



Intro : 8 Count

Sequence : A B A B B B

Restart on wall 5 after 16 counts

PHRASE A: 40c

I. CRUZADOS, KICK, BACK, COASTER STEP, PIVOT TURN ¼, CROSS

1 2 Big step forward R-L
3 4 RF Kick forward, RF step back
&5 LF step close beside RF, Step RF forward
6 7 8 Step LF forward, Turn R ¼, Step LF cross over RF

II. PADDLE, CROSS SHUFFLE, PADDLE, CROSS SHUFFLE

1 2 Step RF with ball to R, Turn ¼ L RF with ball
3&4 Step RF cross over LF, Step LF to L, Step RF cross over LF
5 6 Step LF with ball to L, Turn ¼ R LF with ball
7&8 Step LF cross over RF, Step RF to R, Step LF cross over RF

III. HIP BUMB, VINE, HIP BUMB, VINE

1 2 Step RF to R with hip bump on RF 2x
3&4 Step RF cross behind LF, Step LF to L, Step RF cross over LF
5 6 Step LF to L with hip bump on LF 2x
7&8 Step LF cross behind RF, Step RF to R, Step LF cross over RF

IV. SKATE, SAMBA LOCK, SKATE, SAMBA LOCK

1 2 Step RF forward to diagonal R, Step LF forward to diagonal L
3&4 Step RF forward to diagonal R, Step LF lock behind RF, Step RF forward to diagonal R
5 6 Step LF forward to diagonal L, Step RF forward to diagonal R
7&8 Step LF forward to diagonal L, Step RF lock behind LF, Step LF forward to diagonal L

V. FORWARD, TOUCH, BACK, DRAG, IN PLACE, BODY ROLL

1 2 Step RF forward, Touch LF cross behind RF
3 4 Step LF back, Big step RF back
5 6 Drag LF from front to back, Step LF close beside RF
7 8 Step RF in place, Body Roll from bottom do top

PHRASE B: 32c

I. SIDE X2, SAMBA WHISK

1 - 4 Step RF to R, Step LF close beside RF, Step RF to R, Step LF close beside RF
5a6 Step RF to R, Step LF behind RF, Step RF in place
7a8 Step LF to L, Step RF behind LF, Step LF in place

II. DIAMOND, ROCKING CHAIR

1a2 Turn 1/8 L step RF forward to diagonal L, Step LF to L, Turn 1/8 R step RF back
a3a4 Lift LF knee up, Step LF back, Turn 1/8 R step RF to R, Step LF forward
5&6 Step RF forward, Recover on LF, Step RF back (with shimmy)

7&8 Step LF back, Recover on RF, Step LF forward (with shimmy)

III. V STEP, CARIOCA

1 2 Step RF to diagonal R, Step LF to diagonal L

3 4 Step back RF to centre, Step LF close beside RF

5a6a Step RF cross over LF, Step LF to L, Touch R toe to diagonally forward (with straight knee),
Step RF to R

7a8 Step LF cross over RF, Step RF to R, Touch L toe to diagonally forward (with straight knee)

IV. SIDE, HIP ROTATION, CLOSE, SIDE MAMBO

1 Step LF to L

2 3 Hip rotation from L to R

4 Step LF close beside RF

5&6 Step RF to R, Step LF in place, Step RF close beside LF

7&8 Step LF to L, Step RF in place, Step LF close beside RF
