Selayang Pandang

拍數: 50

級數: Beginner

編舞者: Ayu Permana (INA) & Roosamekto Mamek (INA) - April 2014

音樂: Selayang Pandang by Veri

Intro: 52 count (from the hard beat) SEQUENCE: AAB, AAB, AB, AAB, AAB, AA

PART A (30 COUNT)

A.1 HEEL BALL CHANGE, HEEL TOUCH, TOGETHER

- Touch R heel forward Step R ball cross over L with a little (tight) space between R & L 1&2 Step L in place
- 3-4 Touch R heel forward – Step R together
- Touch L heel forward Step L ball cross over R with a little (tight) space between L & R 5&6 Step R in place
- 7-8 Touch L heel forward ~ Step L together

Easy Option:

- Touch R heel forward Touch R toes cross over L 1-2
- Touch L heel forward Touch L toes cross over R 5-6

A.2 WALK FORWARD R-L, FORWARD SHUFFLE, ROCK FORWARD, RECOVER, BACK SHUFFLE

- 1-2 Step R forward - Step L forward
- Step R forward Step L together Step R forward 3&4
- 5-6 Rock L forward – Recover on R
- Step L back Step R together Step L back 7&8

A.3 SIDE ROCK, RECOVER, CROSS SHUFFLE

- Rock R to side Recover on L 1-2
- 3&4 Cross R over L – Step L to side – Cross R over L
- 5-6 Rock L to side – Recover on R
- 7&8 Cross L over R – Step R to side – Cross L over R

A.4 SIDE STEP, HITCH OVER, HIPS SWAY

- 1-2 Step R to side – Hitch L cross over R (knee in front but feet cross over)
- 3-4 Step L to side – Hitch R cross over L (knee in front but feet cross over)
- 5-6 Step R to side sway hips to right – Sway hips to left

PART B (20 COUNT)

B.1 CHASSE R-L, JAZZ BOX

- 1&2 Step R to side – Step L together – Step R to side
- Step L to side Step R together Step L to side 3&4
- 5-8 Cross R over L – Step L back – Step R to side – Step L slightly forward

B.2 DIAGONALLY FORWARD SHUFFLE RIGHT & LEFT, DIAGONALLY BACK SHUFFLE RIGHT & LEFT

- 1&2 Step R diagonally forward – Step L together – Step R diagonally forward
- Step L diagonally forward Step R together Step L diagonally forward 3&4
- 5&6 Step R diagonally back - Step L together - Step R diagonally back
- 7&8 Step L diagonally back - Step R together - Step L diagonally back

B.3 BACK, HITCH, FORWARD, HITCH

- 1-2 Step R back – Hitch L knee up
- 3-4 Step L forward – Hitch R knee up





牆數: 1

REPEAT

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Last Update - 30th March 2014