

Anak Medan

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Count: 148

Wall: 1

Level: Phrased Easy Intermediate

Choreographer: Oco Budisatrio (INA) , Dewi Abri (INA), Wenarika (INA) Feb. 2016

Music: Anak Medan by Trio Lamtama

Intro : 32 counts, dance starts on vocal Sequence : AA.B.CC .AA -TAG- D.B.CC.AAA

Part A (20) :

SIDE CHASSE R-L, BACK DIAGONAL CHASSE R-L, FWD KICK, BACK TOUCH, PIVOT ¼ LEFT TWICE

1&2, 3&4: Chasse to right on R-L-R , chasse to left on L-R-L

5&6, 7&8: Shuffle back right diagonal on R-L-R, shuffle back left diagonal on L-R-L

9 - 12: R forward - L kick forward - L step back - R toe touch back

13 - 16: R forward - L kick forward - L step back - R toe touch back

17 - 20: R forward - ¼ turn left recover L - R forward - ¼ turn left recover L (6.00)

Part B (40) :

R/L DIAGONAL CROSS TOUCHES , V STEP W/ ¼ TURN R TWICE , REPEAT , R/L CHASSE, JAZZ BOX

1 - 4: (face diag left) R touch fwd - R touch back - R touch fwd - R next to L (12.00)

5 - 8: (face diag right) L touch fwd - L touch back - L touch fwd - L next to R (12.00)

9 - 12: R fwd and out - L to side - turn ¼ right step R to side - L next to R (3.00)

13 - 16: R fwd and out - L to side - turn ¼ right step R to side - L next to R (6.00)

17 - 32: Repeat count 1 - 16, (you should end facing 12.00)

33 & 34: Right chasse on R - L - R

35 & 36: Left chasse on L - R - L

37 - 40: R cross over L - L step back - R step to side - L step fwd

Part C (36):

(R/L) SYNCOPATED SIDE STEPS, FULL TURN VOLTA - (R/L) DIAGONAL FWD BACK TOUCH, BOTA FOGO - SIDE SHUFFLES, ½ TURN LEFT SIDE SHUFFLES, JAZZ BOX

1&2&3&4: R to side - L together - R to side - L together - R to side - L together - R to side

5&6&7&8: ¼ right L touch side - recvr R - ¼ right L touch side - recvr R - ¼ right L touch side - ¼ right recvr R- L touch next to R

9 - 16: Repeat count 1 - 8, same pattern but start with L foot to left side , do the ¼ turn to left

17-18: (diag left) R touch fwd - R touch back

19&20: R fwd - L to side - recvr R (diag right)

21 - 22: (diag right) L touch fwd - L touch back

23&24: L fwd - R to side - recvr L (12.00)

25 & 26: Chasse to right on R - L - R

27 & 28: Chasse to left on L - R - L

29 & 30: Turn ½ left, chasse to right on R-L-R (6.00)

31 & 32: Chasse to left on L-R-L

33 - 36: R cross over L - L step back - R step to side - L step fwd

Part D (48) :

(R/L) HEEL TOE TOUCHES - ½ TURN, HITCH - (R/L) SIDE & FLICKS, MIRROR SIDE CHASSE - FULL RIGHT CIRCLE STEPS & SHUFFLES

1 - 4: Touch R heel fwd - repeat - touch R toe back - repeat

5 - 8: R fwd - ½ turn right, step L back - R back - hitch L (6.00)

9 - 12: Touch L heel fwd - repeat - touch L toe back - repeat

13 - 16: L fwd - ½ turn left, step R back - L back - hitch R (12.00)

17 - 20: R to side - flick L behind R - L to side - flick R behind L

21 & 22: Right chasse on R-L-R

23 & 24: Turn ½ right, left chasse on L-R-L (6.00)

25 - 28: R to side - flick L behind R - L to side - flick R behind L

29 & 30: Right chasse on R-L-R

31 & 32: Turn ½ right, left chasse on L-R-L (12.00)

33 - 48: Make a full circle to right , with small steps of: R-L, fwd shuffle, L-R, fwd shuffle (repeat)

Tag : 6 counts (with body movements)

1 & 2: lean to right side , shoulder pop R-L-R

3 & 4: lean to left side, shoulder pop L-R-L

5 - 6: pop R shoulder - pop L shoulder

Contact email : * ocobudi@gmail.com * dewi_abriyanti@yahoo.co.id