

# Bareh Solok

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**Count:** 64

**Wall:** 4

**Level:** Easy Intermediate

**Choreographer:** Mei Rizal (Nov 2013)

**Music:** Indonesian Folk Song - Bareh Solok

## Intro - 40 count

### I. HEEL DIAGONALLY FORWARD, TOUCH REPLACE, 2x, TWIST

**1-4R Heel diagonally forward, R touch beside L, repeat.**

5-6 Twist both heels to right, Twist both toes to right

7-8 Twist both heels to right, Twist both toes to centre

### II. HEEL DIAGONALLY FORWARD, TOUCH REPLACE, 2x, TWIST

**1-4L Heel diagonally forward, L touch beside R, repeat.**

5-6 Twist both heels to left, Twist both toes to left.

7-8 Twist both heels to left, Twist both toes to centre

### III. SHUFFLE FORWARD, ROCK FORWARD, RECOVER, ½ TURN RIGHT SHUFFLE

1&2 Shuffle Forward on R-L-R

3&4 Shuffle Forward on L-R-L

5 , 6 Step R forward, recover on L

7&8 Turning ½ right & shuffle forward on R-L-R.

### IV. SHUFFLE FORWARD, ROCK FORWARD, RECOVER, ½ TURN RIGHT SHUFFLE

1&2 Shuffle Forward on L-R-L

3&4 Shuffle Forward on R-L-R

5 , 6 Step L forward, recover on R

7&8 Turning ½ left & shuffle forward on L-R-L.

### V. ROCK SIDE, RECOVER, KICK FORWARD, CROSS OVER, REVERSE.

1-4 Rock R to right side, recover on L, kick R forward, cross R over L.

5-8 Rock L to left side, recover on R, kick L forward, cross L over R.

**VI. ¼ TURN RIGHT SHUFFLE FORWARD, ½ TURN RIGHT SHUFFLE BACK, ¼ TURN RIGHT ROCK SIDE, RECOVER, CROSS SHUFFLE.**

**1&2¼ turn right shuffle forward on R-L-R**

**3&4½ turn right shuffle back on L-R-L**

**5 , 6¼ turn right rock R to right side, recover on L**

**7&8** Cross shuffle on R-L-R.

**VII. STEP, CLOSE, STEP, TOUCH, STEP, TOUCH, STEP, TOUCH.**

**1-4** Step L to left side, close R beside L, step L to left side, touch R beside L

**5-8** Step R to right side, touch L beside R, step L to left side, touch R beside L

**VIII. STEP FORWARD, ¼ TURN LEFT, CROSS SHUFFLE, ROCK SIDE, RECOVER, CROSS SHUFFLE.**

**1 , 2** Step R forward, ¼ turn left step L on place

**3&4** Cross shuffle on R-L-R

**5 , 6** Rock L to left side, recover on R

**7&8** Cross shuffle on L-R-L.

**TAG & RESTART on Wall 4 after count 35, do the Tag (1 count) and start again**

**Tag : After kick R forward (count 35), touch R beside L (1) and Restart**

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**Last Update - 1st May 2014**