

# Rasa Sayang

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**Count:** 112

**Wall:** —

**Level:** Phrased High Beginner / Intermediate

**Choreographer:** Wendy Loh , Kickick Line Dance (Dec 2011)

**Music:** Rasa Sayang 2.0 by Namewee + Karen Kong

**Sequence : A, B, C, A, B, B(2x8), C, A, Tag, B, A ,A**

**Don't worry about the sequence.. the music will tell the parts of the dance, just enjoy!**

## **PART A : RASA SAYANG CHORUS**

**Section 1 : Step R, Ball of L beside R, Step R, Step L, Ball of R beside L, Step L**

**(Styling : Both arms extend out at the side, swing gently as in Sumazau Dance)**

**1&2** Step R to R (1), Step ball of L foot beside R (&), Step R together (2)

**3&4** Step L to L (3), Step ball of R foot beside L (&), Step L together (4)

**5&6** Repeat steps as 1&2

**7&8** Repeat steps as 3&4

**Section 2 : Step R, Ball of L beside R, Step R, Step L, Ball of R beside L, Step L**

**1&2** Step R to R (1), Step ball of L foot beside R (&), Step R together (2)

**(Styling : Roll arms near Right ear [1:30] )**

**3&4** Step L to L (3), Step ball of R foot beside L (&), Step L together (4)

**(Styling : Roll arms near Left hip [7:30] )**

**5&6** Repeat steps as 1&2

**7&8** Repeat steps as 3&4

**Section 3 : Full Turn on the spot to the R, then L**

**(Styling : Turn R : R arms out to R, L hand on chest ; Turn L : L arms out to L, R hand on chest as in Malay Dance)**

**1&2&** Step R to  $\frac{1}{4}$  R (1), Ball Step L behind R (&), Step R to  $\frac{1}{4}$  R (2), Ball Step L behind R (&)

**3&4** Step R to  $\frac{1}{4}$  R (3), Ball Step L behind R (&), Step R to  $\frac{1}{4}$  R (4)

**5&6&** Step L to  $\frac{1}{4}$  L (5), Ball Step R behind L (&), Step L to  $\frac{1}{4}$  L (6), Ball Step R behind L (&)

**7&8** Step L to  $\frac{1}{4}$  L (7), Ball Step R behind L (&), Step L to  $\frac{1}{4}$  L (8)

## Section 4 : Clap hands

- 1,2 Step R next to L & clap hands twice near your left hip (7:30)  
3,4, Clap hands twice near your left ear (10:30)  
5,6 Clap hands twice near your right ear (1:30)  
7,8 Clap hands twice near your right hip (4:30)

## PART B : NAMEWEE'S RAPPING

### Section 5 : Walk RL, Jumping Jacks with legs apart first, Knee Pop R,L

- 1,2 Walk R,L  
3&4 Jump with both feet apart (3), Jump & cross both legs (&), Jump with both feet apart (4) \*  
5,6 Move R knee in towards L (5), Move R knee out back to R (6)  
7,8 Move L knee in towards R (7), Move L knee out back to L (8)

#### \*Easier option :

- 3-4 Step R diagonally forward (3), Step L to side (4)

### Section 6 : Step, Together, Step, Side, Cross Touch, Side, Arms, Bend body

#### &1,2on Ball of R (&), Step L to $\frac{1}{4}$ L (1), Step R next to L turn $\frac{1}{4}$ R (2), \*\*

- 3,4 Step L to  $\frac{1}{4}$  L (3), Step R to R turn  $\frac{1}{4}$  R (4) \*\*  
5,6 Touch R across L (5), Step R to R (6)  
7,8 Both arms extend out to the side (7), Bend down turn towards  $\frac{1}{4}$  L (8)

#### \*\*Easier option :

#### &1,2on Ball of R (&), Step L to L (1), Step R beside L (2),

- 3,4 Step L to L (3), Step R to R (4)

### Section 7 : Turn $\frac{1}{4}$ R Point finger 2x, Walk, Step, Jump 2x, Arms movement

- 1,2 Step L next to R turn  $\frac{1}{4}$  R & point R index finger towards L (1), point L index finger towards R (2)  
3,4 Step R forward (3), Step L next to R (4)  
5,6 Jump with both feet apart, hands open at the side (5), Jump with feet together (6)  
7,8 Sway R arm towards chest (7), sway L arm towards chest & place on top of R arm (8)

## **Section 8 : Walk, Bounce back 2x, Bounce Side 2x**

- 1,2,3,4,** Turn to L and walk back LRLR in circle and facing front again
- 5,6** Step R back and bounce twice with arms folded at chest
- 7,8** Step L to L and bounce twice with R index finger pointing upwards

## **Section 9 : Scuff, Hitch, Step, Body Roll down L, R, Touch floor, Knee pop back 2x**

- 1&2** Scuff R foot (1), Hitch R (&), Step R to R (2)
- 3&4** Body roll to L (3), Body roll to R (&), Bend & Touch floor with R hand (4) \*\*\*
- 5,6** Move body up again (5) Step R back and pop L knee (6)
- 7,8** Roll L shoulder back (7), Step L back and pop R knee (8)

### **\*\*\*Easier option :**

- 3&4** Push R shoulder to R (3), Push L Shoulder to L (&), Push R shoulder to R (4)

## **Section 10 : Samba Steps 2x, Knee pop back 2x**

- 1&2** Cross R over L (1), On ball of L beside R (&) Step R beside L (2)
- 3&4** Cross L over R (3), On ball of R beside L (&) Step L beside R (4)
- 5,6** Roll R shoulder back (5) Step R back and pop L knee (6)
- 7,8** Roll L shoulder back (7), Step L back and pop R knee (8)

## **PART C : KAREN KONG SINGS**

### **Section 11 : Shuffle forward, Step, ½ Pivot 2x**

- 1&2** Shuffle forward RLR
- 3,4** Step L forward (3), Turn ½ R (4)
- 5&6** Shuffle forward LRL
- 7,8** Step R forward (7), Turn ½ L (8)

### **Section 12 : Jazz Box, Hip bumps**

- 1,2** Cross R over L (1), Step back L (2)
- 3,4** Step R to R (3), Cross L over R (4)
- 5,6** Step R to R & hip bump to R (5), Hip bump to L (6)
- 7,8** Hip bump R,L

### **Section 13 : Rolling Vines 2x**

- 1-3** Step R forward  $\frac{1}{4}$  R, Step back L turning  $\frac{1}{2}$  R, Step R turning  $\frac{1}{4}$  R
- 4** Touch L To L
- 5-7** Step L forward  $\frac{1}{4}$  L, step back R turning  $\frac{1}{2}$  L, Step L turning  $\frac{1}{4}$  L
- 8** Touch R beside L

### **Section 14 : Step Touch 2x, Hop 4x**

- 1,2** Step R to R, both hands above head, depict roof of home (1), Touch L next to R (2)
- 3,4** Step L to L, both hands down at side (3), Touch R next to L (4)
- 5,6,7,8** Hop 4x with feet together, arms swing up, middle, up, middle.

**(Easier option : Bend & straighten knees slightly instead of hop)**

### **Tag : Rocking Chair**

- 1,2** Rock R forward, Recover on L
- 3,4** Rock R back, Recover on L

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