

Panas Pela

Count: 32

Wall: 4

Level: High Beginner

Choreographer: Amelia Lisa Rumuat (INA) - August 2026

Music: Panas Pela - Fresly Nikijuluw & Vicky Salamor



TAG : AFTER WALL 1 4C, ON WALL 3 AFTER 16 C, AFTER WALL 5 4C, ON WALL 8 8C AFTER 16C, AFTER WALL 10 4C, AFTER WALL 13 4C, ON WALL 15 4C, AFTER WALL 17 4C, ON WALL 20 8 C AFTER 16 C.

RESTART : ON WALL 3 AFTER TAG, ON WALL 8 AFTER TAG, ON WALL 12 AFTER 16 C, ON WALL 15 AFTER TAG, ON WALL 20 AFTER TAG

SECTION I : SIDE TOGETHER CLOSE RL.

- 1-2 RF STEP TO RIGHT SIDE, LF CLOSE BESIDE RF
- 3-4 RF STEP TO RIGHT SIDE, LF CLOSE BESIDE RF
- 5-6 LF STEP TO RIGHT SIDE, RF CLOSE BESIDE RF
- 7-8 LF STEP TO RIGHT SIDE, RF CLOSE BESIDE RF

SECTION II : STEP BACKWARD, V STEP

- 1-4 STEP RF, LF, RF BACKWARD, CLOSE LF BESIDE R
- 5-6 STEP RF TO R DIAGONAL FORWARD, STEP LF TO L DIAGONAL FORWARD,
- 7-8 STEP RF BACK TO CENTER, LF CLOSE BESIDE RF

SECTION III : FORWARD ROCK, BACKWARD SHUFLE, BACKWARD ROCK, FORWARD SHUFLE

- 1-2 STEP RF FORWARD, RECOVER TO LF
- 3&4 STEP RF BACKWARD, SPET LF NEXT TO RF (BALL OF LEFT FOOT NEAR RIGHT HEEL/INSTEP), STEP RF BACKWARD
- 5-6 STEP LF BACKWARD, RECOVER TO RF
- 7&8 STEP LF FORWARD, SPET RF NEXT TO LF (BALL OF LEFT FOOT NEAR RIGHT HEEL/INSTEP), STEP LF FORWARD

SECTION IV : FORWARD SHUFLE, STEP BACKWARD TURN ¼ TO LEFT

- 1&2 STEP RF FORWARD, SPET LF NEXT TO RF (BALL OF LEFT FOOT NEAR RIGHT HEEL/INSTEP), STEP RF FORWARD
- 3&4 STEP LF FORWARD, SPET RF NEXT TO LF (BALL OF LEFT FOOT NEAR RIGHT HEEL/INSTEP), STEP LF FORWARD
- 5-8 STEP RF, LF, RF BACKWARD, LF TURN TO ¼ LEFT

TAG 1-4 (FORWARD TOUCH) : TOUCH FORWARD RF, BACK TO CENTER, TOUCH LF FORWARD, STEP LF BESIDE RF
