# MerakitLah (172 Days)

Niveau: Improver

Chorégraphe: Arra (INA) - December 2023

Musique: Rakit - Nadzira Shafa : (Album: 172 Days OST)

# Intro : 32 count - No Tag & No Restart

Compte: 32

#### S.1 : Side-Behind side Cross Rock-Recover-CrossRock-Recover-side-Spot turn ½ L

- Step RF to side-step LF behind R-step RF to side-Cross LF over R 1 2 & 3
- 4&5 Recover to R-step LF beside R-Cross RF over L
- 6&7 Recover to L-step RF beside L-Step LF forward
- 8&1 Step RF forward-turn ½ Left step LF in place-Step RF forward (06.00)

#### S.2 : Full turn-Sweep from back to front-Weave-Sweep from front to back

- Turn 1/2 right step LF back-Turn 1/2 right step RF forward-Step LF forward with sweep from 2&3 back to front
- 4&5 Cross RF over L-Step LF to side-Cross RF behind L with Sweep from front to back
- 6&7 Cross LF behind R-Step RF to side-Cross LF over R
- 8&1 Recover to L-Step LF to side-Cross RF over L

# S.3 : Turn ¼ R-Together-Walk Forward-Hith-Back with Sweep

- Turn <sup>1</sup>/<sub>4</sub> right step LF back-Together-Step LF Forward (09.00) 2&3
- 4&5 Walk forward R-L-R with hith
- 6-7 Step LF to back with RF sweep from front to back-Step RF to back with LF sweep from front to back
- 8&1 Cross LF behind L-Step RF to side-Cross LF over R

# S.4: Recover-Cross-rock-Recover-Sway-Drag with touch

- Recover to R-Step LF to side-Cross RF over L 2&3
- 4&5 Recover to L-step RF to R side-Sway L
- 6-7-8 Sway R-L-Drag RF to L with touch

# **Enjoy the Dance**

Dancing with your heart

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**Mur:** 4