Intr-O zi

拍数: 32	墙数: 4	级数: High Beginner

编舞者: mBah Wir (INA) & Muki Matohir Royal (INA) - September 2019

音乐: One Day (feat. Helena) - Arash

Start dance on word "Saboori,…"
No Tag – 2 Restart

S1: WALK, WALK, FORWARD LOCK SHUFFLE, FORWARD ROCK, RECOVER, ¼ LEFT CHASSE

1-2	Walk forward R, L
3&4	Step R forward, Lock L behind R, Step R forward
5-6	Rock L forward, Recover on R
7&8	Make ¼ turn L step L to side, Step R next R to L, Step L to side

* Restart here on wall 10

S2: CROSS, SIDE, CROSS SHUFFLE, TURN ¼ RIGHT, ¼ LEFT CHASSE

1-2	Cross R over L, Step L to side
3&4	Cross R over L, Step L to side, Cross R over L
5-6	Make ¼ turn R step L back, Step R to side
7&8	Make ¼ turn R step L to side, Step R next to L, Step L to side

* Restart here on wall 4

S3: BACK ROCK, RECOVER, FORWARD LOCK SHUFFLE, PIVOT ½ TURN RIGHT, FORWARD LOCK SHUFFLE

1-2	Rock R back, Recover on L
3&4	Step R forward, Lock L behind R, Step R forward
5-6	Step L forward, Pivot ½ turn R
7&8	Step L forward, Lock R behind L, Step L forward

S4: SIDE ROCK, RECOVER, BEHIND CROSS, SIDE, CROSS OVER, SIDE ROCK, RECOVER, CROSS SHUFFLE

1-2	Rock R to side, Recover on L
3&4	Cross R behind L, Step L to side, Cross R over L
5-6	Rock L to side, Recover on R
7&8	Cross L over R, Step R to side, Cross L over R

Begin Again & Have Fun

Restart during wall 4 after 16 count dance facing 6.00 o'clock
Restart during wall 10 after 8 count dance facing 12.00 o'clock

For more information about this dance please contact: gieprod@yahoo.com or muki_dans@yahoo.co.id