

# Penolong Yang Setia

拍数: 34                      墙数: 4                      级数: Improver  
编舞者: R. Leny (INA) - July 2024  
音乐: Penolong Yang Setia - Melitha Sidabutar



## SECTION 1: BASIC NIGHT CLUB R & L, PRISSY WALKS, R ROCKING CHAIR

1-2 &                      Step RF to R side, cross rock LF behind RF, recover on RF  
3-4 &                      Step LF to L side, cross rock RF behind LF, recover on LF  
5-6                        Walk RF forward over LF, walk LF forward over RF  
7&8                        Rock RF forward, recover on LF, Rock RF back

## SECTION 2: PUSH BACK, SWEEP, L SHUFFLE, PUSH BACK, SWEEP, R SHUFFLE

1-2                        Push LF back with RF pointed, recover on RF and sweep LF forward  
3&4                        LF in place, step ball of RF close to LF, step LF forward  
5-6                        Push RF back with LF pointed, recover on LF and sweep RF forward  
7&8                        RF in place, step ball of LF forward close to RF, step RF forward

## SECTION 3: L VINE, CROSS ROCK, R VINE, CROSS ROCK

1-2 &                      Step LF to L side, cross RF behind LF, step LF to L side  
3-4                        Cross rock RF over LF (Optional: Lunge), recover on LF  
5-6 &                      Step RF to side, cross LF behind RF, step RF to R side  
7-8                        Cross rock LF over RF (Optional: Lunge), recover on RF

## SECTION 4: SIDE ROCK, SWEEP, L SHUFFLE, PIVOT, WALK (ARMS STYLES IN C3 & C4 OPTIONAL)

1-2                        LF rock to L side, recover on RF and sweep LF,  $\frac{1}{4}$  R  
3&4                        Step LF in place, step ball of RF close to LF, step LF forward (slowly raise arms up with palms up)  
5-6                        Step RF forward,  $\frac{1}{2}$  L step LF in place  
7-8                        Walk RF forward, walk LF forward

## SECTION 5 (EXTRA COUNT): SWAY X2 (arms styles optional)

1-2                        Sway R with both arms raise up, sway L with both fists pull down in front of chest

## \*1st TAG (8 COUNTS, AFTER WALL 2 FACING 6.00): PRISSY WALK, PIVOT

1-2                        Walk RF forward over LF, walk LF forward over RF  
3&4                        Walk RF forward,  $\frac{1}{2}$  L step LF in place, step RF forward  
5-6                        Walk LF forward over RF, walk RF forward over LF  
7&8                        Walk LF forward,  $\frac{1}{2}$  R step RF in place, step LF forward

## \*\*2nd TAG (4 COUNTS, AFTER WALL 5, FACING 9.00): SWAY 4X (arms styles optional)

1-2                        Sway R with arms drop down to waist level, sway L with arms cross in front of chest  
3-4                        Sway R with R arm raise up, palm out (symbolize reaching out in prayer) and waive to R, sway L with R arm waive to L

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