

Hidup Cuma Sekali

Count: 32

Wand: 4

Ebene: High Beginner

Choreograf/in: Indri Widi (INA) - January 2024

Musik: Hidup Cuma Sekali



#Start on vocal

SEC I . DIAGONAL TOUCH FWD WITH HIPS 2X , BEHIND SIDE FORWARD (R-L)

- 1&2& Step RF diag touch fwd with Hips L in place , hips diag fwd right , L in place
3& 4 Step RF behind L , L beside R , Rf fwd
5&6& Step LF diag touch fwd with Hips, L in place , hips diag fwd left
7&8 Step Lf behind R , R beside L , L fwd

SEC II . VOUNDEFILLE (R-L) , DIAMOND STEP TURN RIGHT ¼ WITH HITS

- 1&2& Step Rf cross over L , L beside R, Rf hills in place , RF step in place
3&4 Step Lf cross over R , RF to side , Lf hills in place , Lf step in place
5&6& Step RF cross over L , Lf to side , Rf back 1/8 right L hits ,
7&8. Step Lf back , RF 1/8 right to side ,Lf fwd

#Restart here on wall 3 after 16 count

SECT III . FORWARD MAMBO , BACK MAMBO , SIDE MAMBO (R-L)

- 1&2 Step RF fwd ,recover on L , Rf close L
3&4 Step Lf back , recover R , Lf clos R
5&6 Step RF to side , recover on L , Rf close L
7&8 Step Lf to side , recover on R , Lf close R

SECT IV . CROSS SHUFFLE LEFT TURN , LEFT ½ , CROSS SHUFFLE ,SAMBA WHISK

- 1 & 2 Step RF cross over L , Lf to side Rf cross L
3 & 4 Step Lf turn left ½ cross over R RF to side , Lf cross over R
5&6 Step R to side, L back recover on R
7 & 8 Step L to side, L back recover on L
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