Penolong Yang Setia

Count: 34 **Wand:** 4 **Ebene:** Improver

Choreograf/in: R. Leny (INA) - July 2024

Musik: 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, ¼ 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, ½ 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, ½ 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, ½ 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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