

Intr-O zi

Count: 32

Wall: 4

Level: High Beginner

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

Music: 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