

# Intr-O zi

**Compte:** 32

**Mur:** 4

**Niveau:** High Beginner

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

**Musique:** 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](mailto:gieprod@yahoo.com) or [muki\\_dans@yahoo.co.id](mailto:muki_dans@yahoo.co.id)**