

My Life Is Lonely

Compte: 32

Mur: 4

Niveau: Beginner

Chorégraphe: Abadi Haria (INA) & Emmy Zona (INA) - September 2021

Musique: Hidupku Sunyi - Tantowi Yahya



No Tag & No Restart

S1. SIDE, TOGETHER, BACK SHUFFLE, ROCK BACK, RECOVER, FORWARD SHUFFLE

- 1-2 Step RF to side, Step LF next to RF
- 3&4 Step RF back, Step LF next to RF, Step RF back
- 5-6 Rock LF back, Recover on RF
- 7&8 Step LF fwd, Step RF next to LF, Step LF fwd

S2. RIGHT GRAPEVINE - TOUCH, FULL TURN. LEFT ROLLING VINE - TOUCH

- 1-4 Step RF to side, Cross LF behind RF, Step RF to side, Touch LF next to RF
- 5-8 Turn ¼ L. Step LF fwd, Turn ½ L. Step RF back, Turn ¼ L. Step LF to side, Touch RF next to LF

S3. DIAGONAL FORWARD, LOCK, FORWARD LOCK SHUFFLE (RIGHT/LEFT)

- 1-2 Step RF diagonal fwd R, Lock cross LF behind RF
- 3&4 Step RF diagonal fwd R, Lock cross LF behind RF, Step RF diagonal fwd R
- 5-6 Step LF diagonal fwd L, Lock cross RF behind LF
- 7&8 Step LF diagonal fwd L, Lock cross RF behind LF, Step LF diagonal fwd L

S4. ROCK SIDE, RECOVER, CROSS SHUFFLE, ROCK SIDE, TURN ¼ RIGHT .RECOVER, FORWARD SHUFFLE

- 1-2 Rock RF to side, Recover on LF
- 3&4 Cross RF over LF, Step LF to side, Cross RF over LF
- 5-6 Rock LF to side, Turn ¼ R. Recover on RF
- 7&8 Step LF fwd, Step RF next to LF, Step LF fwd

HOPE YOU ENJOY & HAVE FUN

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