

Sendiri Itu Tak Mudah

Compte: 32

Mur: 2

Niveau: Intermediate

Chorégraphe: Chok Fredo (INA) - February 2024

Musique: Sendiri Itu Tak Mudah 2024 - Yuni Shara



Start Dance On Vocal Lyrics

No tag / 2 restarts

Sec I. BASIC NC - SPIRAL $\frac{3}{4}$ RIGHT - FORWARD - $\frac{1}{4}$ TURN RIGHT SIDE -SIDE - CROSS BEHIND - CROSS ROCK -RECOVER - TURN $\frac{1}{4}$ LEFT

- 1-2& step RF to side (1) cross LF slightly behind RF (2) cross RF over LF (&
3-4& step LF to side and make spiral $\frac{3}{4}$ right (3) facing 9.00, step RF forward (4) turn $\frac{1}{4}$ right weigh LF to side left (&) facing 12.00
5-6& step RF to side (5) cross LF behind RF (6) step RF to side (&
7-8& rock cross LF over RF (7) recover on RF (8) turn $\frac{1}{4}$ left step LF forward (&) facing 9.00

RESTART HERE ON WALL 4 (TURN $\frac{1}{4}$ LEFT FACING 12.00

Sec II. FORWARD AND SWEEP - SIDE - BACK AND SWEEP - SIDE - $\frac{1}{2}$ DIAMOND LEFT

- 1-2& step RF forward and sweep LF forward (1) cross LF over RF (2) step RF to side (&
3-4& step LF back and sweep RF back (3) cross RF behind LF (4) weigh LF to side left(&
5-6& step RF to side (5) turn $\frac{1}{8}$ left step LF back (6) step RF back (&
7-8& turn $\frac{1}{8}$ left step LF to side (7) step RF forward (8) step LF forward (&

Sec III. BASIC NC - TURN $\frac{1}{4}$ RIGHT 2X - TURN $\frac{1}{8}$ RIGHT - WALK 2X - ROCK - RECOVER TURN $\frac{3}{8}$ LEFT FORWARD - $\frac{1}{2}$ PIVOT RIGHT

- 1-2& step RF to side (1) cross LF slightly behind RF (2) cross RF over LF (&
3& turn $\frac{1}{4}$ right step LF back (3) turn $\frac{1}{4}$ right step RF to side (&) facing 9.00
4&5 turn $\frac{1}{8}$ right step LF forward (4) step RF forward (&) rock LF forward (5) facing 10.30.
6&7 recover on RF (6) turn $\frac{3}{8}$ left step LF forward (&) step RF forward (7) facing 6.00
8& step LF forward (8) turn $\frac{1}{2}$ right RF in place (&

RESTART HERE ON WALL 7 WITH CHANGE STEP

Sec IV. FORWARD - FULL TURN - FORWARD - ROCK FORWARD - RECOVER - BACK - SWEEP BACK 3X - TURN $\frac{3}{8}$ LEFT - FORWARD

- 1-2& step LF forward (1) turn $\frac{1}{2}$ left step RF back (2) turn $\frac{1}{2}$ left step LF forward (&
3-4& step RF forward (3) rock LF forward (4) recover on RF (&
5- 6 step LF back and sweep RF back (5) cross RF behind LF (6)
7-8& sweep LF back and cross LF behind RF (7) sweep RF back and cross RF behind LF (8) turn $\frac{3}{8}$ step LF forward (&) facing 7.30

Restart 1 On Wall 4 after 8 Count (Turn $\frac{1}{4}$ right facing 12.00)

Restart 2 On Wall 7 after 24 Count with change step

*They have a change step on wall 7

(Sec III count 8& step LF forward (8) turn $\frac{1}{2}$ right RF in place change step turn $\frac{1}{2}$ right step LF back (8) facing 12.00)

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