

Sekali Ini Saja

Compte: 32

Mur: 2

Niveau: Intermediate

Chorégraphe: Debora Oktavia (INA) & Ranny Kusumawardhani (INA) - May 2024

Musique: Sekali Ini Saja - Glenn Fredly



Intro Music. 16 Count - No Tag, No Restart

Section 1. Step back with sweep, step behind side cross, recover, quarter left turn, full turn, quarter left turn

- 1 - 2&3 Step R back while L sweep from front to back (1) Step L behind R (2) Step R to side (&)
Cross L over R (3)
- 4 & 5 Recover R (4) turn 1/4 L, step L forward (&) step R forward (5)
- 6 & 7 Step L forward (6) turn 1/2 R, step R forward (&) step L forward (7)
- 8 & 1 Turn 1/2 L, step R back (8) turn 1/2 L, step L forward (&) turn 1/4 L, step R to side (1)

Section 2. Night club, quarter R turn with L sweep, step side, cross behind with sweep, quarter L turn

- 2 & 3 Step L slightly behind R (2) recover R (&) step L to side (3)
- 4 & 5 Step R slightly behind L (4) recover L (&) turn 1/4 R, step R forward while L sweep from front
to back (5)
- 6 & 7 Cross L over R (6) Step R to side (&) cross L behind R while R sweep from front to back (7)
- 8 & Cross R behind L (8) turn 1/4 L, step L forward (&)

Section 3. Sway R-L, quarter left turn with sweep, cross shuffle, scissors, quarter and half L turn, step to R side

- 1 - 2&3 Sway R (1) sway L (2) sway R (&) turn 1/4 L, step L forward while R sweep from back to front
(3)
- 4 & 5 Cross R over L (4) step L to side (&) cross R over L (5)
- 6 & 7 Step L to side (6) close R next to L (&) cross L over R (7)
- 8 & 1 Turn 1/4 L, step R back (8) turn 1/2 L, step L forward (&) step R to side (1)

Section 4. Quarter L turn, close step, Walk R-L, full R turn, quarter R turn, sway L-R-L

- 2 & 3 Turn 1/4 L, close L next to R (2) walk R (&) walk L (3)
- 4 & 5 Step R forward (4) turn 1/2 L, step L forward (&) step R forward (5)
- 6 & 7 Turn 1/2 R, step L back (6) turn 1/2 R, step R forward (&) turn 1/4 R, step L to side and sway
L (7)
- 8 & Sway R (8) Sway L (&)

Enjoy the dancel!

For more information, please kindly contact: meet.ranny@gmail.com