

# Intr-O zi

拍數: 32      牆數: 4      級數: High Beginner  
編舞者: mBah Wir (INA) & Muki Matohir Royal (INA) - September 2019  
音樂: 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)