

Sekali ini saja

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BY STEPHEN

拍數: 16 牆數: 4 級數: Improver
編舞者: Maya Sofia (INA) & Atiek Sumiyati (INA) - April 2020
音樂: Sekali Ini Saja - Glenn Fredly



No Tag No Restart

S1. BASIC NC - FULL TURN - UNWIND - RUNNING - ROCK - RECOVER - BACK

1-2& Step R to side,, cross L slightly behind R,, cross R over L
3-4& 1/4 turn to left Step L forward,, 1/2 turn to left, Step R back,, 1/4 turn to left Step L to side
(12.00)
5-6& Cross R over L and 3/4 turn to left,, running forward L,,R (03.00)
7-8& Rock L forward,, recover on L,, step L back

S2. BACK - BACK LOCK SHUFFLE,, TURN - BACK - SIDE - FORWARD - PIVOT - CROSS - SWAY - SWAY

1-2& Step R back and sweep L from front to back,, step L back,, cross R over L
3-4& Step L back and 1/4 turn to right with sweep from front to back (06.00),, step R back,, step L
to side
5-6& Step R forward,, step L forward,, 1/4 turn to right recover on R
7-8& Cross L over R,, step R to side and sway,, recover on L

Thanks

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