

# Penolong Dalam Kesesakan

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BY STEPHEN

拍數: 16      牆數: 4      級數: Improver - NC  
編舞者: Saniang Ludjen (INA) - May 2024  
音樂: Penolong Dalam Kesesakan - Melitha Sidabutar



Intro: 12 counts

Restart on wall 5 after 12 counts facing 12.00

## I. FORWARD, BACK L-R-L, SERPIENTEY, ¼ L BACK, BACK, ½ R BACK

1                    Step R forward  
2&3                Step L back, step R back, step L back while sweep R  
4&5                Cross R behind L, step L to side, cross R over L while sweep L  
6&7                Cross L over R, ¼ turn left step R back, step L back (9.00)  
8&                 Recover on R, ½ turn right step L back (3.00)

## II. LUNGE, ¼ L RUN L-R-L, RUN R-L, ¼ L BASIC NC, ¼ L FORWARD, ¾ L

1                    Lunge R to side  
2&3                ¼ Turn left step L forward, step R forward, step L forward  
4&5                Step R forward, step L forward, ¼ turn left big step R to side (9.00)  
6&7                Step L slightly behind R, cross R over L, ¼ turn left step L forward  
8&                 ½ Turn left step R back, ¼ turn left step L to side

Enjoy the dance!

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