

Sekali Ini Saja

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Count: 32

Wall: 2

Level: Intermediate

Choreographer: Mei Lestari ILDI (April 2020)

Music: Sekali Ini Saja by Glenn Fredly

Intro 16 counts

NO TAG NO RESTART !!!

I. ROCK FORWARD, RECOVER, ½ TURN R, ½ TURN R, SWEEP, BEHIND-SIDE-CROSS, RECOVER, ¼ TURN R, FULL TURN TO L

- 1,2&** Rock RF forward, recover on LF, ½ turn R step RF forward
- 3,4&** Make ½ turn R step LF back sweep RF from front to back, cross RF behind LF, step LF to L
- 5,6&** Cross RF over LF, recover on LF, ¼ turn R step RF forward
- 7,8&** Step LF forward, ½ turn L step RF back, ½ turn L step LF forward

II. ROCK FORWARD, RECOVER, ¼ TURN R, CROSS, ¼ TURN L STEP BACK, ¼ TURN L TOGETHER, STEP FORWARD, SPIRAL, ROCK FORWARD, RECOVER

- 1,2&** Rock RF forward, recover on LF, ¼ turn R step RF to R
- 3,4&** Cross LF over RF, ¼ turn L step RF back, ¼ turn L close LF next to RF
- 5,6** Step RF forward, step LF forward
- 7,8&** Make a full turn to R with weight on LF, rock RF forward, recover on LF

III. STEP BACK, COASTER CROSS, ¼ TURN L COASTER STEP, STEP FORWARD, RECOVER WHILE LIFTING, STEP BACK, TOGETHER

- 1,2&** Step RF back, step LF back, close RF next to LF
- 3,4&** Cross LF over RF, ¼ turn L step RF back, close LF next to RF
- 5,6** Step RF forward, step LF forward
- 7,8&** Recover on RF while lifting LF forward, step LF back, close RF next to LF

IV. ROCK FORWARD, RECOVER, SWEEP, STEP BACK, SWEEP, COASTER STEP, CROSS, SIDE, 1/8 TURN L STEP BACK, SWEEP, BACK, 1/8 TURN L STEP TOETHER

- 1,2** Rock LF forward, recover on RF sweep LF from front to back
- 3,4&** Step LF back sweep RF from front to back, step RF back, close LF next to RF
- 5,6&** Step RF forward, cross LF over RF, step RF to R
- 7,8&** Make 1/8 turn L step LF back sweep RF, step RF back, 1/8 turn L close LF next to RF

Special thanks to GLENN FREDLY for making this beautiful song...

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