

Sol y Mar

Count: 64

Wall: 2

Level: Improver

Choreographer: Om Pardi (INA) - November 2021

Music: Sol Y Mar - Federico Rossi & Ana Mena



S1: LINDY (RIGHT, LEFT)

1&2 Step R to side, Step L next to Right, Step R to side
3-4 Rock L back, Recover on R
5&6 Step L to side, Step R next to L, Step L to side
7-8 Rock R back, Recover on L

S2: FORWARD LOCK SHUFFLE, PIVOT ½ RIGHT, FORWARD LOCK SHUFFLE, PIVOT ½ LEFT

1&2 Step R forward, Lock L behind R, Step R forward
3-4 Step L forward, Make ½ turn R on R
5&6 Step L forward, Lock R behind L, Step L forward
7-8 Step R forward, Make ½ turn L on L

S3: (CROSS ROCK, RECOVER, SIDE, BESIDE, IN PLACE)X2

1-2 Cross rock R over L, Recover on L
3&4 Step R to side, Step L beside R, Step R in place
5-6 Cross rock L over R, Recover on R
7&8 Step L to side, Step R beside L, Step L in place

S4: TURN ¼ LEFT, PIVOT ½ LEFT, ¼ LEFT TURN RIGHT CHASSE, TURN ¼ RIGHT, PIVOT ½ RIGHT, ¼ RIGHT TURN LEFT CHASSE

1-2 Make ¼ L turn step R forward, Make ½ L turn on L
3&4 Make ¼ L turn step R to side, Step L next to R, Step R to side
5-6 Make ¼ R turn step L forward, Make ½ R turn on R
7&8 Make ¼ R turn step L to side, Step R next to L, Step L to side

S5: PRISSY WALK WITH HOLD, PIVOT ½ LEFT, WALK, WALK

1-4 Step R forward crossing over L, Hold, Step L forward crossing over R, Hold
5-8 Step R forward, Make ½ turn L on L, Walk forward R, L

S6: RIGHT CHASSE WITH ¼:RIGHT, TURN ¼ RIGHT, LEFT CHASSE WITH ¼ RIGHT, TURN ¼ RIGHT, RIGHT CHASSE, CROSS ROCK, RECOVER

1&2 Step R to side, Step L next to R, Make ¼ R turn step R forward
3&4 Make ¼ R turn step L to side, Step R next to L, Make ¼ R turn step L back
5&6 Make ¼ R turn step R to side, Step L next to R, Step R to side
7-8 Cross Rock L over R, Recover on R

S7: WEAVE, SIDE TOUCH, CROSS OVER, SIDE TOUCH, BESIDE TOUCH

1-4 Step L to side, Cross R over L, Step L to side, Cross R behind L
5-8 Touch L outside L, Cross L over R, Touch R outside R, Touch R beside L

S8: PIVOT ½ LEFT, FORWARD LOCK SHUFFLE, PIVOT ½ RIGHT, FORWARD LOCK SHUFFLE

1-2 Step R forward, Make ½ L turn on L
3&4 Step R forward, Lock L behind R, Step R forward
5-6 Step L forward, Make ½ R turn on R
7&8 Step L forward, Lock R behind L, Step L forward

Enjoy the dance & have fun.

TAG (16 Count) at the end of wall 2

1-4 Step R to side, Step L next to R, Make $\frac{1}{4}$ R turn step R forward Hitch L across R

5-8 Make $\frac{1}{4}$ R turn step L to side, Step R next to L, Step L to side, Touch R beside L

1-4 Step R to side, Step L next to R, Make $\frac{1}{4}$ R turn step R forward, Hitch L across R

5-8 Make $\frac{1}{4}$ R turn step L to side, Step R next to L, Step L to side, Touch R beside L

For more information about this dance please contact gieprod@yahoo.com
