

# Solo Dance

**Compte:** 32

**Mur:** 4

**Niveau:** Beginner

**Chorégraphe:** Mamalinedance Mei Kwo (USA) - February 2019

**Musique:** Solo Dance - Martin Jensen



**Intro:** 32 counts to start on the words "on my own"

**Music link:** <https://itunes.apple.com/us/album/solo-dance/1171252034?i=1171252143>

## **WALK(RIGHT), WALK(LEFT), RIGHT SHUFFLE FWD (R-L-R), STEP L FORWARD, PIVOT 1/2 TURN RIGHT. SHUFFLE FORWARD (L-R-L)**

- 1-2 Step forward on R, Step forward on L
- 3&4 Shuffle forward (R-L-R)
- 5-6 Step L forward, pivot 1/2 right take weight onto Right,
- 7&8 Shuffle forward: (L-R-L) (6:00)

## **ROCK STEPS, RECOVERS, TURN 3/4 TO THE RIGHT SHUFFLE, COASTER STEP**

- 1-2 Rock right forward, recover on left
- 3&4 Turn ½ right and step right forward, turn ¼ right and step left to side, step right together (3:00)
- 5-6 Rock left forward, recover on right
- 7&8 Step left back, step right back, step left forward (3:00)

## **TOUCH 1/4 PADDLE TURN LEFT X 2, CROSS POINT, TOUCH 1/4 PADDLE TURN RIGHT X2, LEFT SHUFFLE**

- 1& Touch right toe forward, make 1/4 turn left,
- 2& Touch right toe forward, make 1/4 turn left.
- 3-4 Step forward on right. Cross R over L, point L toe out to left side (9:00)
- 5& Touch left toe forward, make 1/4 turn right
- 6& Touch left toe forward, make 1/4 turn right.
- 7&8 Left Shuffle.(L-R-L)(3:00)

## **HOP FORWARD & BACK (12.00),KNEE POPS RIGH, LEFT, DRAG BACK RIGHT , STEP LEFT TOGETHER**

- &1-2 Hop right forward, step left together (with clap hands)
- &3-4 Hop right back, step left together (with clap hands)
- 5&6& Right knee pop, left knee pop
- 7-8 Step R a big step back, slide L next to R (3:00)

**\*\*\* Tag:** At the end of wall 4(Facing 12:00), add the following 4-count tag, then restart the dance at 12:00

## **RIGHT SIDE STEP, TOUCH, LEFT SIDE STEP, TOUCH**

- 1-4 Step R to right side, touch L next to R, step L to left side, touch R next to L (12:00)

**HAPPY DANCING!**