

El Sol

拍数: 40 墙数: 4 级数: Low Intermediate
编舞者: Rafel Corbí (ES) - September 2015
音乐: El Mismo Sol (feat. Jennifer Lopez) - Álvaro Soler



Intro: 16 counts

STEP, TOGETHER, DIAGONAL RHUMBA FORWARD, ROCK & RECOVER & FORWARD, STEP, 1/2 TURN, FORWARD

1-2 Step Right to Right side, Left together
3&4 Step Right to R side, Left together, step forward Right in R diagonal 1:30
5&6 Rock Left back, recover onto Right in place, step Left forward (still R diagonal)
7&8 Step Right forward, 1/2 turn left, step Right forward in R diagonal 7:30

SHUFFLE FORWARD, MAMBO FORWARD, MABBO BACK, ROCK & RECOVER

9&10 Step Left forward, step Right forward, step Left forward (still R diagonal)
11&12 Rock Right forward, recover onto Left, step Right back
13&14 Rock Left backward, recover onto right, step Left forward (7:30)
15-16 Rock Right forward, recover backward onto Left

FULL TURN RIGHT, FORWARD, TOUCH, BACK, CHASSE LEFT, CROSS

17&18 Triple step in place with a full turn right stepping R-L-R 6:00
19&20 Step Left forward, touch Right beside Left, Step Right back
21&22 Step Left to left, Right beside Left, step Left to left side
23 Cross Right over Left

1/4 TURN RIGHT AND SHUFFLE BACK, 1/2 TURN RIGHT AND STEP FORWARD, CROSS BACK BACK X 2, TOE BACK, 1/2 TURN LEFT

24&25 1/4 turn right and step Left back, Right beside Left, step Left back
26 1/2 turn right and step Right forward 3:00
27&28 Cross Left over Right, step Right back (body looking 4:30), step Left back (body looking 1:30)
29&30 Cross Right over Left, step Left back (body looking 1:30), step Right back (straight body to 3:00)
31-32 Left toe back, 1/2 turn Left (weight on Left) 9:00

FORWARD, 1/4 TURN LEFT CROSS, CROSS, BACK, 1/4 TURN AND STEP SIDE, ROCK, RECOVER, SIDE, CROSS

33&34 Step Right forward, 1/4 turn left, cross/step Right over Left 6:00
35-36 Cross Left over Right, step Right back
37 1/4 turn left and step Left to side
38&39 Cross/Rock Right over Left, recover weight onto Left, step Right to side
40 Cross Left over Right

Start again

Restart 1: wall 2 after count 32, looking at 12:00

Restart 2: wall 5 after count 32, looking at 3:00

Restart 3: wall 8 after count 16, looking at 3:00