

# 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