

El Mismo Sol

拍数: 112 墙数: 4 级数: Phrased Easy Intermediate
编舞者: Marjana Petauer (SVN) - October 2015
音乐: El Mismo Sol (feat. Jennifer Lopez) - Álvaro Soler



Sequences: A – B – A – B – A – B

Step description: A - 48 counts

A1: TOUCH CLAP, TOUCH CLAP, STEP TOUCH&CLAP, STEP TOUCH&CLAP

- 1-2 Touch RIGHT toe slightly open to right side, clap,
- 3-4 Touch RIGHT toe slightly open to right side, clap,
- 5-6 Step RIGHT on place, touch LEFT toe open to left & clap
- 7-8 Step LEFT on place, touch RIGHT toe open to right & clap

A2: STEP, STEP, SHUFFLE, SIDE ROCK, RECOVER, 1/2 SAILOR STEP LEFT

- 1-2 Step RIGHT forward, step LEFT forward,
- 3&4 Step RIGHT forward, step LEFT forward, step RIGHT forward,
- 5-6 Rock LEFT to left side, recover RIGHT,
- 7&8 Step LEFT behind R with a turn ½ turn over left shoulder, step RIGHT to L, step LEFT slightly forward

A3: STEP, STEP, SHUFFLE, SIDE ROCK, RECOVER, 1/2 SAILOR STEP LEFT

- 1-2 Step RIGHT forward, step LEFT forward,
- 3&4 Step RIGHT forward, step LEFT forward, step RIGHT forward,
- 5-6 Rock LEFT to left side, recover RIGHT,
- 7&8 Step LEFT behind R with a turn ½ turn over left shoulder, step RIGHT to L, step LEFT slightly forward

A4: SIDE STEP, TOGETHER, CHASSE, SIDE STEP, TOGETHER, CHASSE

- 1-2 Step RIGHT to right side, step LEFT to R,
- 3&4 Step RIGHT to right side, step LEFT to R, Step RIGHT to right side,
- 5-6 Step LEFT to left side, step RIGHT to L,
- 7&8 Step LEFT to left side, step RIGHT to L, Step LEFT to left side,

A5: STEP TURN RIGHT ¼, STEP, KICK BALL CHANGE, STEP, STEP, KICK BALL CHANGE,

- 1-2 Step RIGHT and turn 1/4 over right shoulder, step LEFT to left side,
- 3&4 Kick RIGHT, step RIGHT on ball back, step LEFT on place,
- 5-6 Step RIGHT on place, step LEFT on place,
- 7&8 Kick RIGHT, step RIGHT on ball back, step LEFT on place

A6: PADDLE FULL TURN

- 1-2 Step RIGHT to ball and turn on left for 1/8 over left shoulder & lift your hands, 2x
- 3-4 Step RIGHT to ball and turn on left for 1/8 over left shoulder & lift your hands, 2x
- 5-6 Step RIGHT to ball and turn on left for 1/8 over left shoulder & lift your hands, 2x
- 7-8 Step RIGHT to ball and turn on left for 1/8 over left shoulder & lift your hands, 2x

Step description: B - 64 counts

B1: SHUFFLE FORWARD, 2X, STEP TURN LEFT ¼, 2X

- 1&2 Step RIGHT forward, step LEFT to R, step RIGHT forward,
- 3&4 Step LEFT forward, step RIGHT to L, step LEFT forward,
- 5-6 Step RIGHT forward and turn ¼ to left,
- 7-8 Step RIGHT forward and turn ¼ to left

B2: SHUFFLE FORWARD, 2X, STEP TURN LEFT ¼, 2X

1&2 Step RIGHT forward, step LEFT forward, step RIGHT forward,
3&4 Step LEFT forward, step RIGHT forward, step LEFT forward,
5-6 Step RIGHT forward and turn ¼ to left,
7-8 Step RIGHT forward and turn ¼ to left

B3: SIDE, BEHIND, SIDE CROSS SIDE, STEP ¼ TURN LEFT, ½ PIVOT LEFT, SHUFFLE BACK

1-2 Step RIGHT to right side, step LEFT behind R,
3&4 Step RIGHT to right side, step LEFT cross R, step RIGHT to right side,
5-6 Step LEFT ¼ turn left, step RIGHT forward and turn left ½,
7&8 Step LEFT backward, step RIGHT backward, step LEFT backward

B4: SIDE, BEHIND, SIDE CROSS SIDE, STEP ¼ TURN LEFT, ½ PIVOT LEFT, SHUFFLE BACK

1-2 Step RIGHT to right side, step LEFT behind R,
3&4 Step RIGHT to right side, step LEFT cross R, step RIGHT to right side,
5-6 Step LEFT ¼ turn left, step RIGHT forward and turn left ½,
7&8 Step LEFT backward, step RIGHT backward, step LEFT backward

B5: 2X (MAMBO RIGHT, MAMBO LEFT)

1&2 Step RIGHT to right side, step LEFT on place, step RIGHT to L,
3&4 Step LEFT to right side, step RIGHT on place, step LEFT to R,
5&6 Step RIGHT to right side, step LEFT on place, step RIGHT to L,
7&8 Step LEFT to right side, step RIGHT on place, step LEFT to R

B6: SAMBA RIGHT 1/8 LEFT, SAMBA LEFT 1/8 LEFT, PADDLE TURN LEFT 1/2

1&2 Step RIGHT front diagonal, step LEFT on ball behind R, step RIGHT on place,
3&4 Step LEFT to right side, step RIGHT on place, step LEFT to R,
5&6 Step RIGHT to ball and turn on left for 1/8 to left & lift your hands,2x
7&8 Step RIGHT to ball and turn on left for 1/8 to left & lift your hands,2x

B7: 2X (MAMBO RIGHT, MAMBO LEFT)

1&2 Step RIGHT to right side, step LEFT on place, step RIGHT to L,
3&4 Step LEFT to right side, step RIGHT on place, step LEFT to R
5&6 Step RIGHT to right side, step LEFT on place, step RIGHT to L,
7&8 Step LEFT to right side, step RIGHT on place, step LEFT to R

B8: SAMBA RIGHT 1/8 LEFT, SAMBA LEFT 1/8 LEFT, PADDLE TURN LEFT 1/2

1&2 Step RIGHT front diagonal, step LEFT on ball behind R, step RIGHT on place,
3&4 Step LEFT to right side, step RIGHT on place, step LEFT to R,
5&6 Step RIGHT to ball and turn on left for 1/8 to left & lift your hands,2x
7&8 Step RIGHT to ball and turn on left for 1/8 to left & lift your hands,2x

From the beginning

Have fun!

Contact: lineradance@gmail.com - office@linerafest.com
