

Sofia

拍数: 64 墙数: 4 级数: Intermediate
编舞者: Francien Sittrop (NL) - May 2016
音乐: Sofia - Álvaro Soler



Intro: Start after 16 Counts on Vocals

[1 – 8] □ Step fwd, ½ L, Kick Ball Step, Syncopated Lockstep, Kick Ball Cross

1 – 2 Step R fwd, make ½ Turn L on ball of R (weight ends on R) and touch L next to R (06.00)
3 & 4 Kick L fwd, Step L down, Step R fwd
5 – 6& Step L diag. L fwd, Lock R behind L, Step L Diag L fwd
7 & 8 Kick R fwd, Step R down, Step L across R

[9 – 16] □ Side Rock, Recover, Behind, Side, Cross, Side Rock, Recover, Behind, ¼ R, Step fwd

1 – 2 Rock R to R side, Recover on L
3 & 4 Step R behind L, Step L to L side, Step R across L
5 – 6 Rock L to L side, Recover on R
7 & 8 Step L behind R, ¼ Turn R step R fwd, Step L fwd (09.00)

[17-24] □ Rock fwd, Recover, Triple Full Turn R, Rock Step, Recover, Shuffle ½ Turn L

1 – 2 Rock R fwd, Recover on L
3 & 4 Triple full turn R with R, L R
5 – 6 Rock L fwd, Recover on R
7 & 8 ¼ Turn L step L to L side, Step R next to L, ¼ Turn L step L fwd (03.00)

[25-32] □ Jazz Box, Toe Touches fwd and Back, Kick Ball Cross

1 – 4 Step R across L, Step L back, Step R to R side, Step L across R
5 – 6 Touch R toe fwd, Touch R toe back
7 & 8 Kick R fwd, Step R down, Step L across R

[33-40] □ Side, Clap Clap, Side, Clap, Clap, Side Rock, Recover, Crossing Shuffle

1 & 2 Step R to R side, Clap hands twice
&3&4 Step L next to R, Step R to R side, Clap hands twice
&5-6 Step L next to R, Rock R to R side, Recover on L
7 & 8 Step R across L, Step L to L side, Step R across L

[41-48] □ Paddle ½ Turn R, Cross Rock, Recover, Cross Rock, Recover, Prissy Walks fwd L, R

1 – 2 Touch L fwd and paddle ½ Turn R, Touch L to L side (09.00)
3-4& Rock L across R, Recover on R, Step L next to R
5-6& Rock R across L, Recover on L, Step R next to L
7 – 8 Step L across R, Step R across L

[49-56] □ Monterey ½ L, Shuffle fwd R, L

1 – 4 Touch L to L side and make ½ Turn L, Step L next to R, Touch R to R side, Touch R Next to L (03.00)
5 & 6 Step R fwd, Step L next to R, Step R fwd
7 & 8 Step L fwd, Step R next to L, Step L fwd

[57-64] □ Jump fwd, Touch and Clap, Jump back, Touch and Clap, Skates back, Rock back, Recover

&1-2 Jump Diag R fwd with R(&), Touch L next to R(1), Clap hands (2)
&3-4 Jump Diag L back with L (&), Touch R next to L (3), Clap Hands (4)
5 – 6 Skate back R, L
7 – 8 Rock R back, Recover on L

Start again

Tags:-

Tag 1 after wall 1 & 3 and start again with count 1

Tag 2 after wall 2 & 4 and start again with count 1

Tag 1: Rocking Chair R

1 – 4 Rock R fwd, Recover on L, Rock R back, Recover on L

Tag 2 (16 Counts) : Rocking chair, Jazz box ½ Turn R

1 – 4 Rock R fwd, Recover on L, Rock R back, Recover on L

5 – 8 Step R across L, ¼ Turn R step L back, ¼ Turn L step R fwd, Step L fwd

9 - 12 Rock R fwd, Recover on L, Rock R back, Recover on L

13-16 Step R across L, ¼ Turn R step L back, ¼ Turn L step R fwd, Step L fwd

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