

Sole Mio

拍数: 64 墙数: 2 级数: Intermediate
编舞者: Phil Carpenter (UK) - August 2016
音乐: O Sole Mio - Verskeie Kunstenaars : (CD: Instrumentele Mallighed Vol 1 - iTunes)



Intro: 16 Count Intro.

SECTION 1: RIGHT CROSS ROCK, RECOVER, RIGHT SHUFFLE ¼ TURN RIGHT, PIVOT ¼ TURN RIGHT, LEFT CROSS ROCK, RECOVER.

1 – 2 Right cross rock, Recover weight on Left
3 & 4 Right forward turning ¼ Right, Left step beside Right, Right forward.(3.00)
5 - 6 Left step forward, Pivot ¼ turn Right (6.00)
7 - 8 Left cross over Right, Recover weight on Right

SECTION 2 : LEFT SIDE ROCK, RECOVER, LEFT CROSSING SHUFFLE, ¼ TURN LEFT X 2, RIGHT SHUFFLE FORWARD.

9 - 10 Left side rock, Recover weight on Right.
11 & 12 Cross Left over Right, Right step to Right side, Cross Left over Right.
13 -14 Turn ¼ Left stepping back on Right, Turn ¼ Left stepping Left to Left side. (12.00)
15 & 16 Right step forward, Left step beside Right, Right step forward.

SECTION 3: LEFT JAZZ BOX TURNING ¼ LEFT WITH TOUCH, ¾ TURN RIGHT, SHUFFLE ½ TURN RIGHT.

17 - 18 Left cross over Right, Right step back.
19 - 20 Turn ¼ Left stepping Left to Left side, Touch Right beside Left, (9.00)
21 - 22 Turn ¼ Right stepping Right forward, Turn ½ Right, stepping Left back. (6.00)
23 & 24 Shuffle ½ turn Right stepping Right, Left, Right (12.00).

SECTION 4: LEFT ROCK FORWARD, RECOVER, LEFT LOCK STEP BACK, RIGHT BACK ROCK, RECOVER, RIGHT LOCK STEP FORWARD.

25 – 26 Left rock forward, Recover weight on Right.
27 & 28 Left step back, Right cross in front of Left, Left step back.
29 - 30 Right rock back, Recover weight on Left.
31 & 32 Right step forward, Left lock behind Right, Right step forward.

SECTION 5: LEFT CROSS, ¼ TURN LEFT, LEFT SHUFFLE BACK, HEEL JACK, RIGHT SHUFFLE FORWARD.

33 – 34 Left cross in front of Right, ¼ Turn Left stepping back on Right. (9.00)
35 & 36 Left step back, Right step beside Left, Left step back.
&37&38 Right foot step back, Dig Left foot forward, Left foot step in place, Right foot touch beside Left.
39 & 40 Right step forward, Left step beside Right, Right step forward.

SECTION 6: PIVOT ½ TURN RIGHT, PIVOT ¼ TURN RIGHT, LEFT CROSS ROCK, CHASSE LEFT.

41 – 42 Left step forward, Pivot ½ turn Right. (3.00)
43 – 44 Left step forward, Pivot ¼ turn Right. (6.00)
45 – 46 Left cross over Right, Recover weight on Right.
47 & 48 Left step to Left side, Right step beside Left, Left step to Left side.

SECTION 7: LEFT SYNCOPATED WEAVE, LEFT SIDE ROCK, LEFT BEHIND, ¼ TURN RIGHT, LEFT STEP FORWARD.

49 – 50 Right cross over Left, Left step to Left side.
51 & 52 Right cross behind Left, Left step to Left side, Right cross in front of Left.
53 – 54 Left side rock, Recover weight on Right.

55 & 56 Left step behind Right, Right step forward turning ¼ turn Right (9.00) Left step forward.

SECTION 8: RIGHT ROCK FORWARD, RECOVER, ¾ TRIPLE TURN RIGHT, LEFT ROCK FORWARD, RECOVER. FULL TRIPLE TURN LEFT.

57 – 58 Right rock forward, Recover weight on Left.

59 & 60 ¾ Triple turn Right, stepping Right, Left, Right. (6.00)

61 – 62 Left rock forward, Recover weight on Right.

63 & 64 Full triple turn Left, Stepping Left, Right, Left. (Easier option, Left coaster step).

REPEAT DANCE FACING NEW WALL. - ENJOY & HAVE FUN.

CHOREOGRAPHERS NOTE: No Tags or Restarts Required.

BIG FINISH: Wall 7. You will be at 12.00,

Dance steps 1-14 only, you'll be back at the front, arms out, Ta dah.

Contact: Tel: (01737) 249368. Mobile: 07557 969736. ☐- philipcarpenter7@sky.com
