

Sofia

拍数: 32 墙数: 4 级数: High Beginner
编舞者: Jette Matthiesen (DK) - November 2016
音乐: Sofia - Álvaro Soler : (iTunes)



Intro: 16 count start on vocal

#1. Section: □ R Sugarfoot, R schuffle forw. L sugarfoot, L schuffle forw. □

1 - 2 R toe pointing towards L toe, R heel beside L toe □ 12
3 & 4 R forw. L beside R, R forw □ 12
5 - 6 L toe pointing towards R toe, L heel beside L toe □ 12
7 & 8 L forw. R beside L, R forw □ 12

#2. Section: □ R rock forw. R shuffle back, L shuffle back, R back rock

9 - 10 R forw. Weight back into L □ 12
11 & 12 R back, L beside R, R back □ 12
13 & 14 L back, R beside L, L back □ 12
15 - 16 R back, weight forw. Into L □ 12

#3. Section: □ R samba step, L samba step, R jazzbox 1/4 turn R

17 & 18 R cross over L, L beside R, R forw □ 12
19 & 20 L cross over R, R beside L, L forw □ 12
21 - 22 R cross over L, L back, □ 12
23 - 24 R 1/4 turn R, L beside R □ 3

#4. Section: □ R L R heel dig, hold clap x 2, R L R point to side, Hold clap x 2

25 & 26 R heel forw, R beside L, L heel forw □ 3
27 & 28 L beside R, R heel forw. Hold clap x 2 □ 3
29 & 30 R point to R, R beside L, L point to L □ 3
31 & 32 L beside R, R point to R side, hold clap x 2 □ 3

End of dance, have fun

Tag 1 : end of wall 2 facing 6 o'clock, make a rockingchair and start again

Tag 2 : end of wall 7 facing 6 o'clock, make a rockingchair and start again

Tag: Rocking chair

1 - 2 R forw. Weight back into L
3 - 4 R back, weight forw. Into L

Restart 1: in wall 5 facing 12 o'clock, after count 16 in section 2, after R back rock

Restart 2: in wall 12 facing 6 o'clock, after count 16 in section 2, after R back rock

Ending: step forw. On R

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