

Mira Sofia

拍数: 64 墙数: 4 级数:
编舞者: Materne Georgette (FR) - February 2017
音乐: Sofia - Álvaro Soler



S1: SIDE, TOGETHER, CHASSE, ROCK FORWARD, COASTER 1/4 TURN

1-2 RF step side R, LF together
3&4 RF step side R, LF together, RF step side R
5-6 LF rock forward, RF recover
7&8 LF step back, RF together, LF step forward 1/4 turn | 9:00

S2: KICK BALL STEP 2X, STEP , LOCK SHUFFLE FORWARD

1&2 RF kick forward, RF together, LF step forward
3&4 RF kick forward, RF together, LF step forward
5-6 RF step forward, LF lock behind
7&8 RF step forward, LF together, RF step forward

S3: ROCK SIDE, BEHIND, SIDE, CROSS, ROCK SIDE, BEHIND, SIDE, 1/4 TURN

1-2 LF rock side L, RF recover
3&4 LF cross behind, RF step side R, LF cross over
5-6 RF rock side R, LF recover
7&8 RF cross behind, LF step side L, RF step forward 1/4 turn | 6:00

S4: STEP FORWARD , POINT SIDE, STEP FORWARD, POINT SIDE, JAZZ BOX 1/4 TURN

1-2 LF step forward, RF point toe side
3-4 RF step forward, LF point toe side
5-6 LF cross over, RF step back
7-8 LF step side 1/4 turn l, RF touch toe beside LF 3:00

S5: ROLLER VINE R AND L

1-2 RF step forward 1/4 turn R, LF step back 1/2 turn R
3-4 LF step side 1/4 turn R, LF touch toe beside RF
5-6 LF step forward 1/4 turn L, RF step back 1/2 turn L
7-8 RF step side 1/4 turn L, RF touch toe beside LF 3:00

S6: HEEL SWITCHES, ROCK BACK

1&2 RF heel touch forward, RF together, LF touch heel forward
&3&4 LF together, RF heel touch forward 2x
&5&6 RF together, LF touch heel forward, LF together , RF touch heel forward
7-8 RF rock back, LF recover

S7: WALK , WALK, SHUFFLE, 1/2 TURN, SHUFFLE

1-2 RF step forward, LF step forward
3&4 RF step forward, LF together, RF step forward
5-6 LF step forward, 1/2 turn R 9:00
7&8 LF step forward, RF together, LF step forward

S8: SHUFFLE 1/2 TURN, SHUFFLE 1/2 TURN, JAZZ BOX

1&2 RF step back 1/2 turn l , LF together, RF step back 3:00
3&4 LF step forward 1/2 turn l, RF together, LF step forward
5-6 RF cross over, LF step back
7-8 RF step side R, LF together

TAG 1: after wall 1 & 3

1-2 RF out back, LF out back
3-4 RF in forward, LF in forward

TAG 2: after wall 2 & 5

1-2 RF step side, LF touch toe
3-4 LF step side , RF touch toe
5-6 1/4 paddle turn I with hip roll
7-8 1/4 paddle turn I with hip roll

9-16 repeat counts 1-8

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