

Sol Na Chuva

COPPERKNOB
STEPSHEETS

拍数: 180 墙数: 0 级数: Contra Line - All Levels
编舞者: Trizia Ruggiero (UK) - March 2017
音乐: Sunshine In the Rain (Italo Mix) - BWO



INTRO: 32 counts [after 2nd vocals/sunshine in the rain]

SEC 1: NEW YORKS

1-2 Step L forward a quarter turn R
3&4 Step L [quarter turn / to face original position] step R beside L –step L to side
5-6 Step R forward a quarter turn L
7&8 Step R [quarter turn/to face original position] step L beside R- step R to side

SEC 2 : REPEAT SEC 1 [NEWYORKS]

SEC 3: CROSS/ SIDE/ BEHIND/POINT

1-4 Cross L over R- step R to side- step L behind R- point R toe to side
5-8 Cross R over L- step L to side- step R behind L- point L toe to side

SEC 4: CROSS/ SIDE /BEHIND /TOUCH/ HIP BUMPS

1-4 Cross L over R- step R to side – step L behind R- touch R beside L
5-8 Bump hips R-L-R-L

SEC 5 - SEC 8: REPEAT SECTIONS 1-4

SEC 9: ROCK/ SHUFFLES

1-2 Rock forward R- recover on L
3&4 Step R back- step L beside R- step R back
5&6 Step L back- step R beside L- step L back
7&8 Step R back- step L beside R- step R back

SEC 10: ROCK/SHUFFLES

1&2 Step L back- step R beside L – step L back
3-4 Rock back on R- recover on L
5&6 Step forward on R- step L beside R- Step forward on R
7&8 Step L forward- step R beside L – step forward on L

SEC 11: ROCK/SHUFFLES

1&2 Step forward on R- step L beside R- step forward on R
3&4 Step forward on L- step R beside L- step forward on L
5-6 Rock forward on R- recover on L
7&8 Step back on R- step L beside R- step R back

SEC 12: ROCK/SHUFFLES

1&2 Step back on L- step R beside L- step back on L
3&4 Step back on R- step L beside R-step back on R
5&6 Step back on L- step R beside L- step back on L
7-8 Rock back on R-HOLD

SEC 13: STEP QUARTER TURN / TOUCH/VINE

1-4 Step R quarter turn L- touch L beside R- step L to side – touch R beside L
5-8 Step R to side – step L behind R- step R to side- touch L beside R

SEC 14: VINE/ STEPQUARTER TURN / TOUCH

1-4 Step L to side – step R behind L- step L to side – touch R beside L
5-8 Step R quarter turn R- touch L beside R- step L to side- touch R beside L

SEC 15: ROCKS/ SIDE SHUFFLES

1-2 Rock back on R- recover on L
3&4 Step R to side- step L beside R- step R to side
5-6 Rock forward on L- recover on R
7&8 Step L to side- step R beside L- step L to side

SEC 16: – REPEAT SECTION 15

SEC 17: CROSS/SIDE/ BEHIND/ POINT

1-4 Cross R over L- step L to side – step R behind L – point L toe to side
5-8 Cross L over R – step R to side- step L behind R- point R toe to side

SEC 18: - REPEAT SECTION 17

SEC 19-22: REPEAT SECTIONS 15- 18

SEC 23: - HIP BUMPS

1-4 Bump hips R-L-R-L

END OF DANCE

Restart wall 2: after section 20.

Restart: Wall 4 - Restart dance with sect 9, and dance to the end.

A long script, but dance is easy.

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