Solo Dance



拍数: 32 墙数: 4 级数: High Beginner

编舞者: Jo Kinser (UK) & John Kinser (UK) - May 2017

音乐: Solo Dance - Martin Jensen: (iTunes)



Start on the vocals 32 counts.

[1-8]□R ROCKING CHAIR.	CDOSS SAMBA I I	DIACONAL	CDOSSING SHIJEELE
I I-OILK KUUNING UHAIK.	UKUSS SAMBA. L I	DIAGUNAL	CKOSSING SHUFFLE

1-4	Rock R fwd, Recover L, Rock R back, Recover L
5&6	Cross R over left, Rock L to left, Step fwd R (1:30)

7&8 Cross L slightly over right, Step R to right, Cross L slightly over right – travelling to (1:30)

[9-16]□R SIDE – TOUCH/CLAP, L DIAGONAL SHUFFLE, SQUAT – TOUCH/CLAP, L SIDE SHUFFLE

1,2 Step R to right, Touch L next to right and Clap

3&4 Step L fwd to left diagonal (11:30), Step R next to left, Step L fwd

5,6 Step R back to left diagonal and Squat, Touch L next to right as you come up and Clap

(12:00)

7&8 Step L to left, Step R next to left, Step L to left

[17-24]□R CROSS ROCK, R SIDE ROCK, BEHIND AND CROSS, L SIDE ROCK

1,2	Cross Rock R over, Recover L
3,4	Rock R to right, Recover L

5&6 Step R behind left, Step L to left, Step R across left

7,8 Rock L to left, Recover R

[25-32]□AND R SIDE ROCK - R BACK ROCK, STEP 1/8 TURN L - HIP ROLLS X2

&1,2	Step L next to right, Rock R to right, Recover L

3,4 Rock R back, Recover L

5,6 Step R fwd rolling hips anti c/w 1/8th turn Left

7,8 Step R fwd rolling hips anti c/w 1/8th turn Left (9:00)

Note: ☐ At the end of wall 4 facing 12:00, Hold for 4 Counts or do a Rocking Chair (1-4)

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