

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, CROSS SAMBA, L DIAGONAL CROSSING 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)

Contacts: Jo@jjkdancin.com - www.JJKdancin.com