

Dancing Solo

拍数: 32 墙数: 4 级数: Improver
编舞者: Kevin Formosa (AUS) & Allan Kenny (AUS) - November 2017
音乐: Solo Dance - Martin Jensen : (Album: Solo Dance - iTunes - 2:55)



Intro: 32 Counts - Tag: Wall 4 (12:00) ACW rotation

[1-8] Walk RL, Anchor Step, ½, ¼, Sailor Step

1,2 Step R fwd, Step L fwd
3&4 Hook R behind L, Step L in place, Step R back
5,6 ½ L stepping L fwd (6.00), ¼ L stepping R to R side (3.00)
7&8 Step L behind R, Step R to R side, Step L to L side

[9-16] Behind, ¼, Rock, ½, ¼, Behind, Side, Forward

1,2 Step R behind L, ¼ L stepping L fwd (12:00)
3,4 Step R fwd, replace weight L
5,6 ½ R stepping R fwd (6.00), ¼ R stepping L to L side (9.00)
7&8 Step R behind L, Step L to L side, Step R fwd

[17-24] ¼ Turn, ¼ Turn, ½ Sweep, Weave, Out, Out, ¼

1,2 Pivot ¼ L, Pivot ¼ R (think of this as twisting your heel to the R and L)
3 Step L fwd turning ½ R sweeping R front to back (3.00)
4&5 Step R behind L, Step L to L side, Step R across/in front L
6,7,8 Step L to L side, Step R to R side, ¼ L stepping L fwd (12:00)

[25-32] 1/8, 1/8, Cross, Back Drag, Ball Step

1,2 Step R fwd, Pivot 1/8 L (Rolling hips from L to R)
3,4 Step R fwd, Pivot 1/8 L (Rolling hips from L to R) (9.00)
5,6,7 Step R across L, Step L back, Drag R towards L
&8 Step R beside L, Step L fwd

Tag: 4 Count Tag at the end of wall 4

Repeat counts 29-32

1,2,3 Step R across L, Step L back, Drag R towards L
&4 Step R beside L, Step L fwd

Start Again

Contacts:-

Kevin Formosa: formosa_k@hotmail.com

Allan Kenny: ajkatrayu72@gmail.com

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