

Sofia

拍数: 48 墙数: 4 级数: Intermediate
编舞者: Karla Carter-Smith (CAN) - October 2018
音乐: 1, 2, 3 (feat. Jason Derulo & De La Ghetto) - Sofia Reyes



#16 Count Intro, 1 Restart

[1-8] Shuffle forward twice, Rock Step, Step Drag

1&2 Step Right foot forward, Step Left foot beside, Step Right foot forward
3&4 Step Left foot forward, Step Right foot beside, Step Left foot forward
5,6 Rock forward on Right foot, Rock back on Left foot
7,8 Step big step back on Right foot, Drag Left toe back to meet Right

[9-16] Coaster Step, Shuffle forward twice, Tap Tap Step

1&2 Step back on Left foot, Step Right foot beside, Step forward on Left
3&4 Step forward on Right foot, Step Left foot beside, Step forward on Right foot
5&6 Step forward on Left foot, Step Right foot beside, Step forward on Left foot
7&8 Tap Right toe to right side, Tap Right toe to right side, Step down on Right foot

[17-24] Behind Side Step twice, 3/4 turn Left Step push Step push Step push Step

1&2 Cross Left foot behind Right, Step Right foot to right side, Step Left foot to Left side
3&4 Cross Right foot behind Left, Step Left foot to left side, Step Right foot to right side
5&6&7&8 Counts 5-8 make a wide 3/4 turn to left by Stepping forward on Left foot, Right toe step behind, Step forward on Left foot, Right toe step behind, Step forward on Left foot, Right toe step behind, Step forward on Left foot,

[25-32] Step push Step push Step push Step, Mambo Forward, Mambo back

1&2&3&4 Counts 5-8 make a wide 1/2 turn to right by Stepping forward on Right foot, Left toe step behind, Step forward on Right foot, Left toe step behind, Step forward on Right foot, Left toe step behind, Step forward on Right foot
5&6 Left foot rock forward, Rock back on Right foot, Left foot step beside
7&8 Right foot rock back, Rock forward on Left foot, Right foot step beside

Restart here 3rd time doing the dance, (wall starts facing 6:00, restart is facing 3:00)

****On count 8 touch right foot beside left to get ready for Restart**

[33-40] Left Mambo, Rock Step Touch, Skate R L R L

1&2 Left foot rock to left side, Right foot rock to right, Left foot step beside
3&4 Right foot rock to right side, Left foot rock to left, Touch Right beside
5,6 Slightly turning right Step forward on Right foot, Slightly turning left Step forward on Left foot
7,8 Slightly turning right Step forward on Right foot, Slightly turning left Step forward on Left foot

[41-48] Samba Right, Samba Left, Samba Right, Samba Left

1&2 Cross Right foot in front of Left, Left foot step to left side, Right foot step to right side
3&4 Cross Left foot in front of right, Right foot step to right side, Left foot step to left side
5&6 Cross Right foot in front of Left, Left foot step to left side, Right foot step to right side
7&8 Cross Left foot in front of right, Right foot step to right side, Left foot step to left side

****Ending: The last rotation of the dance starts facing 6:00 wall, To end the dance facing 12:00 continue the dance up to count 16 then on counts 1&2 of section [17-24] Cross Left foot behind Right, Step Right foot to right side turning 1/4 to left, Step Left foot forward turning 1\4 to left to face 12:00**

Repeat and Have Fun

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