

Solo

拍数: 128 墙数: 1 级数: Phrased Improver
编舞者: Nina Chen (TW) - October 2018
音乐: Solo (feat. Demi Lovato) - Clean Bandit



Intro: 16 counts

Sequence: A, A, B, C/ A, A, B, C, D/ B, C, D(16)

PART A: 32 counts

Sec A1. FWD - TOUCH, COASTER CROSS, SIDE ROCK - RECOVER, BEHIND - 1/4 L FWD - FWD

1-2, 3&4 Step RF fwd - Touch LF fwd, Step LF back - Step RF beside LF - Cross LF over RF
5-6, 7&8 Rock RF to R - Recover on LF, Step RF behind LF - 1/4 turn L (9:00) step LF fwd - Step RF fwd

Sec A2. SCUFF - TOGETHER, BACK WITH TOE FANS.(x4), PRESS - RECOVER

1-4 Scuff LF fwd - Step LF beside RF - Step RF back swing L toe out - Step LF back swing R toe out
5-8 Step RF back swing L toe out - Step LF back swing R toe out - Press RF to R - Recover on LF

Sec A3. CROSS - SIDE, CROSS SHUFFLE, 1/4 L FWD MAMBO, COASTER STEP

1-2, 3&4 Cross RF over LF - Step LF to L, Cross shuffle (R L R)
5&6,7&8 1/4 turn L (6:00) rock LF fwd - Recover on RF - Step LF back, Step LF back - Step RF beside LF - Step LF fwd

Sec A4. FWD - PIVOT 1/2 R, ROCKING CHAIR, SIDE - TOUCH

1-4 Step LF fwd - Pivot 1/2 turn R (12:00) weight on RF - Rock LF fwd - Recover on RF
5-8 Rock LF back - Recover on RF - Step LF to L - Touch RF behind LF

PART B: 32 counts

Sec B1. HIPS BUMP, CHASSE L - SLIGHTLY HITCH 1/4 L, HIPS BUMP, CHASSE L- SLIGHTLY HITCH 1/4 L

1&2, 3&4& Step RF to R while bump hips (R L R), Step LF to L - Step RF beside LF - Step LF to L - Slightly hitch RF 1/4 turn L (9:00)
5&6, 7&8& Step RF to R while bump hips (R L R), Step LF to L - Step RF beside LF - Step LF to L - Slightly hitch RF 1/4 turn L (6:00)

Sec B2. HIPS BUMP, CHASSE L - SLIGHTLY HITCH, JAZZ BOX

1&2, 3&4& Step RF to R while bump hips (R L R), Step LF to L - Step RF beside LF - Step LF to L - Slightly hitch RF
5-8 Cross RF over LF - Step LF back - Step RF to R - Cross LF over RF

Sec B3. HIPS BUMP, CHASSE L - SLIGHTLY HITCH 1/4 L, HIPS BUMP, CHASSE L- SLIGHTLY HITCH 1/4 L

(Same as Sec B1)

1&2, 3&4& Step RF to R while bump hips (R L R), Step LF to L - Step RF beside LF - Step LF to L - Slightly hitch RF 1/4 turn L (3:00)
5&6, 7&8& Step RF to R while bump hips (R L R), Step LF to L - Step RF beside LF - Step LF to L - Slightly hitch RF 1/4 turn L (12:00)

Sec B4. HIPS BUMP, CHASSE L - SLIGHTLY HITCH, JAZZ BOX

(Same as Sec B2)

1&2, 3&4& Step RF to R while bump hips (R L R), Step LF to L - Step RF beside LF - Step LF to L - Slightly hitch RF

5-8 Cross RF over LF - Step LF back - Step RF to R - Cross LF over RF

PART C: 32 counts

Sec C1. HIPS BUMP, FWD - PIVOT 1/2 L, FWD - PIVOT 1/4 L

1&2, 3&4 Step RF fwd while bump hips (R L R), Step LF fwd while bump hips (L R L)

5-8 Step RF fwd - Pivot 1/2 turn L (6:00) weight on LF - Step RF fwd - Pivot 1/4 turn L (3:00) weight on LF

Sec C2. HIPS BUMP, FWD - PIVOT 1/2 L, FWD - PIVOT 1/4 L

(Same as Sec C1)

1&2, 3&4 Step RF fwd while bump hips (R L R), Step LF fwd while bump hips (L R L)

5-8 Step Step RF fwd - Pivot 1/2 turn L (9:00) weight on LF - Step RF fwd - Pivot 1/4 turn L (6:00) weight on L

Sec C3. HIPS BUMP, FWD - PIVOT 1/2 L, FWD - PIVOT 1/4 L

(Same as Sec C1)

1&2, 3&4 Step RF fwd while bump hips (R L R), Step LF fwd while bump hips (L R L)

5-8 Step Step RF fwd - Pivot 1/2 turn L (12:00) weight on LF - Step RF fwd - Pivot 1/4 turn L (9:00) weight on L

Sec C4. HIPS BUMP, FWD - PIVOT 1/2 L, FWD - PIVOT 1/4 L

(Same as Sec C1)

1&2, 3&4 Step RF fwd while bump hips (R L R), Step LF fwd while bump hips (L R L)

5-8 Step Step RF fwd - Pivot 1/2 turn L (3:00) weight on LF - Step RF fwd - Pivot 1/4 turn L (12:00) weight on L

PART D: 32 counts

Sec D1. SWAY R - SWAY L - 1/4 L SWAY R - SWAY L

1-4 Step RF to R - Sway to R - Step LF to L - Sway to L

5-8 1/4 turn L (9:00) step RF to R - Sway to R - Step LF to L - Sway to L

Sec D2. 1/4 L SWAY R - SWAY L - FWD ROCK - RECOVER - SWAY

1-4 1/4 turn L (6:00) step RF to R - Sway to R - Step LF to L - Sway to L

5-8 Rock RF fwd - Recover on LF - Sway to R - Sway to L

Sec D3. SWAY R - SWAY L - 1/4 L SWAY R - SWAY L

(Same as Sec D1)

1-4 Step RF to R - Sway to R - Step LF to L - Sway to L

5-8 1/4 turn L (3:00) step RF to R - Sway to R - Step LF to L - Sway to L

Sec D4. 1/4 L SWAY R - SWAY L - FWD ROCK - RECOVER - SWAY

(Same as Sec D2)

1-4 1/4 turn L (12:00) step RF to R - Sway to R - Step LF to L - Sway to L

5-8 Rock RF fwd - Recover on LF - Sway to R - Sway to L

Have Fun & Happy Dancing!

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