

Sola

拍数: 32 墙数: 4 级数: Beginner
编舞者: Earleen Wolford (USA) - February 2019
音乐: Sola (English Version) - Luis Fonsi



Sequence for 'Sola': 16 intro, 32, 32, 16, Restart +Tag, 32,32, 20 +Tag, Restart, 32, 32

Other music: 'Miss Me More' by Kelsea Ballerini, No Tag, No Restarts. All music's on iTunes

Start dance on Lyrics

TOUCH R OUT/IN, STEP R OUT TO R, TOUCH L NEXT TO R, TOUCH L OUT/IN, STEP L OUT TO L, TOUCH R NEXT TO L

- 1-4 Touch R toe out to R (1), Touch R toe in next to L (2), Step R out slightly big to R (3), Slide L toe next to R (4)
- 5-8 Touch L toe out to L(5), Touch L toe in next to R(6), Step L out slightly big to L(7), Slide R toe next to L(8) (12:00)

R FORWARD AND BACK ROCKING CHAIR, STEP R FORWARD, POINT L TO L, STEP L FORWARD, POINT R TO R

- 1-4 Rock R forward (1), Recover on L (2), Rock R back (3), Recover on L (4)
- 5-8 Step R forward (5), Point L toe out to L (6), Step L forward (7), Point R toe out to R (8) (L take wt.) (12:00)
- 1st RESTART-You'll be on wall 3 at 6:00, but on count 8, do a touch R next to L instead of a R Point, then restart.

JAZZ BOX ¼ TURN TO R, V STEP (R, L, R, L)

- 1-4 Cross R over L (1), Step back on L (2), Turn ¼ turn to R stepping down on R (3), Step L forward (4)
- 2nd RESTART-You do 20 counts which ends at 6:00, add the 4 count tag/sways, then restart dance from the top.
- 5-8 V Step, aka out out in in Step: Step R forward out to R (6), Step L forward out to L (7), Step R in back to center (7), Step L in next to R (8) (L take wt.) (3:00)

2 FORWARD STEP TOUCHES, 2 BACK STEP TOUCHES

- 1-4 Step R forward on a slight L diagonal (1), Touch L toe next R (2), Step L forward on a slight L diagonal (3) Touch R next to L (4)
- 5-8 Step R back on a slight R diagonal (5), Touch L toe next to R (6), Step L back, squaring off at 3:00 (7), Touch R toe next to L (L take weight) (3:00)

TAG: 4 Count Tag is: A Smooth easy sway R, L, R, L (weight ends on L). The Tag happens two times, 1st time will be at the end of 32 counts, you'll be at 9:00. 2nd time it'll be at the end of the 20 counts, you'll be at 6:00, then 32's □

Ending: Your final rotation starts at 12:00, ends at 3:00. You'll dance through count 30, on 31 turn ¼ L stepping on L to face 12:00 and step R forward, pose □

Enjoy my dance and just have FUN dancing it! WE "Gotta Dance"!! And please feel free to use any other music to do my dance, country or non-country both work!

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(aka Earleen 'Gotta Dance')

PLEASE DO NOT MODIFY OR CHANGE MY DANCE STEPS IN ANY WAY, PLZ CONTACT ME FOR ANY

**QUESTIONS,
THANK YOU!!**
