

Solo Dance

拍数: 32 墙数: 4 级数: Beginner
编舞者: Mamalinedance Mei Kwo (USA) - February 2019
音乐: Solo Dance - Martin Jensen



Intro: 32 counts to start on the words "on my own"

Music link: <https://itunes.apple.com/us/album/solo-dance/1171252034?i=1171252143>

WALK(RIGHT), WALK(LEFT), RIGHT SHUFFLE FWD (R-L-R), STEP L FORWARD, PIVOT 1/2 TURN RIGHT. SHUFFLE FORWARD (L-R-L)

1-2 Step forward on R, Step forward on L
3&4 Shuffle forward (R-L-R)
5-6 Step L forward, pivot 1/2 right take weight onto Right,
7&8 Shuffle forward: (L-R-L) (6:00)

ROCK STEPS, RECOVERS, TURN 3/4 TO THE RIGHT SHUFFLE, COASTER STEP

1-2 Rock right forward, recover on left
3&4 Turn 1/2 right and step right forward, turn 1/4 right and step left to side, step right together (3:00)
5-6 Rock left forward, recover on right
7&8 Step left back, step right back, step left forward (3:00)

TOUCH 1/4 PADDLE TURN LEFT X 2, CROSS POINT, TOUCH 1/4 PADDLE TURN RIGHT X2, LEFT SHUFFLE

1& Touch right toe forward, make 1/4 turn left,
2& Touch right toe forward, make 1/4 turn left.
3-4 Step forward on right. Cross R over L, point L toe out to left side (9:00)
5& Touch left toe forward, make 1/4 turn right
6& Touch left toe forward, make 1/4 turn right.
7&8 Left Shuffle.(L-R-L)(3:00)

HOP FORWARD & BACK (12.00),KNEE POPS RIGH, LEFT, DRAG BACK RIGHT , STEP LEFT TOGETHER

&1-2 Hop right forward, step left together (with clap hands)
&3-4 Hop right back, step left together (with clap hands)
5&6& Right knee pop, left knee pop
7-8 Step R a big step back, slide L next to R (3:00)

*** Tag: At the end of wall 4(Facing 12:00), add the following 4-count tag, then restart the dance at 12:00

RIGHT SIDE STEP, TOUCH, LEFT SIDE STEP, TOUCH

1-4 Step R to right side, touch L next to R, step L to left side, touch R next to L (12:00)

HAPPY DANCING!