

Dolor

拍数: 32 墙数: 2 级数: Improver
编舞者: Micaela Svensson Erlandsson (SWE) - March 2019
音乐: Ella No Podrá Decir Que Me Víó Llorar - Rick Trevino



Section 1: Basic Nightclub. Step. Behind. Side. Cross Shuffle. Left Rock ¼ Turn right. Step.

1-2& Take a long step to the right. Rock back on left. Recover onto right crossing left.
3-4& Take a long step to the left. Cross right behind left. Step left to left.
5&6 Cross right over left. Step left to left side. Cross right over left.
7&8 Rock left to left side. Recover onto right turning ¼ right. Step forward on left.

****2nd Restart here: Wall 4 (6 O'clock)**

Note: Add Touch right beside left before starting over for a better dance feeling.

Section 2: & Rock Step. ½ Turn left. Rock Step. ½ Turn right. 1/1 Spiral Turn. Step. Mambo Step.

& Take a small step forward on ball of right foot.
1-2& Rock forward on left. Recover onto right. Turn ½ left stepping forward on left.
3-4& Rock forward on right. Recover onto left. Turn ½ right stepping forward on right.
5 Full spiral turn (on your left foot) over the right shoulder hooking right foot over left.
6-7& Step forward on right foot. Rock forward on left foot. Recover onto right foot.
8 Step back on left foot.

***1st Restart here: Wall 2 (9 O'clock) Add Touch right beside left before starting over .**

*****3rd Restart here: Wall 6 (3 O'clock) Add Touch right beside left before starting over .**

Section 3: Sweep. Behind. Side. Cross Rock. Side Rock. Behind. Sweep. Behind. Side. Cross Shuffle.

& Sweep right foot from front to back
1-2 Cross right behind left. Step left to left side.
3&4& Rock right across left. Recover onto left. Rock right to right side. Recover onto left.
5-6 Cross right behind left & Sweep left from front to back. Step left behind right.
&7&8 Step right to right. Cross left over right. Step right to right side. Cross left over right.

Section 4: Side Rock. Cross Shuffle. ¼ Turn right Side. Cross Shuffle.

1-2 Rock right to right side. Recover onto left .
3&4 Cross right over left. Step left to left side. Cross right over left.
5-6 Turn ¼ right stepping back on left. Step right to right side.
7&8 Cross left over right. Step right to right side. Cross left over right.

Ending: Turn ½ right to face the front wall.

Last Update - 1st March 2019
