

# 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



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## 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**

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