

Volar

拍数: 32 墙数: 2 级数: Easy Intermediate
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音乐: Volar - Álvaro Soler



Start Dancing on Vocal

I. Mambo Forward, Coaster Cross, Double Touch, Long Step, Coaster Cross

1&2 Rock R forward – Recover on L – Step R back
3&4 Step L backward – Ball R next to L – Cross L over R
5&6 Touch R to side – Touch R beside L – Step R long to side
7&8 Step L behind R – Ball R next to L – Cross L over R

II. Pivot, Travelling Triple Turn, Lock Shuffle, Mambo Side (with Shimmy)

1&2 Rock R side – Turn $\frac{1}{4}$ left recovering on L – Step R forward
3&4 Turn $\frac{1}{2}$ right stepping L back – Turn $\frac{1}{2}$ right stepping R forward – Step L forward
5&6 Step R forward – Lock L behind R – Step R forward
7&8 Rock L side – Recover on R – Close L next to R (with shimmy)

III. Syncopated V Step, Syncopated Jazz Box, Brush-Hitch-Tuoch, Body Wave (optional:Clap)

1&2& Step R diagonal forward – Step L diagonal forward – Return R to center – Return L to center
3&4& Cross R over L – Step L back – Step R side – Cross L over R
5&6 Kick and brush toe R forward – Hitch R up – Touch R in front
7-8 Drop R in place and bring your body down – Raise your body up hair swing
(optional: Clap 4 times on right side of your head)

IV. Side Touch 4x, Half Pivot 2x

1&2& Turn $\frac{1}{4}$ left stepping R side – Touch L beside R – Step L side – Touch R beside L
3&4& Step R side – Touch L beside R – Step L side – Touch R beside L
5-6 Step R forward – Turn $\frac{1}{2}$ left moving weight on L
7-8 Step R forward – Turn $\frac{1}{2}$ left moving weight on L

Restart: Do a restart on wall 3 after 16 counts and change your wall into 6.00 to begin new wall

Last Update – 21 July 2019