

Sofia

拍数: 64 墙数: 2 级数: Advanced
编舞者: YoungSoon Song (KOR) - July 2020
音乐: Sofia - Álvaro Soler



Intro : After 16 counts

Tag1 : 4 counts after wall 1, wall 3 / Tag2 : 16 counts after wall 2, wall 4

Tag1: TOUCH, SIDE, SWEEP BACKWARDS, SAILOR STEP

1-2 LF Touch Beside RF(1), LF Step L(2)
3-4& RF Step Change with LF Sweep Backwards(3), LF Cross Behind(4), RF Step Together(&)

Tag2: SIDE, ROCK, RECOVER, SIDE SHUFFLE, ROCK, RECOVER, SIDE SHUFFLE, 1/4 TURN L, FORWARD, 1/2 TURN L WITH FLICK, 1/4 TURN R, 1/4 TURN R WITH RONDE, SIDE SHUFFLE

1-2-3 LF Step L(1), RF Cross Over(2), LF Recover Weight(3)
4&5 RF Step R(4), LF Step Together(&), RF Step R(5)
6-7 LF Cross Over(6), RF Recover Weight(7)
8&1 LF Step L(8), RF Step Together(&), LF Step 1/4 Turn L(9:00)(1)
2-3 RF Step Forward(2), LF Step 1/2 Turn L with RF Flick(3:00)(3)
4 RF Step 1/4 Turn R(6:00)(4)
5-6 LF Step 1/4 Turn R with RF Ronde Forward(12:00)(5-6) (*Styling : High Ronde or Hitch)
7-8& RF Step R(7), LF Step L(8), RF Step Together(&)

S1: SIDE, BACK ROCK, RECOVER, FORWARD, 1/2 TURN R, BACKWARDS, FORWARD, 1/2 TURN R WITH BRUSH KICK, FORWARD SHUFFLE

1 LF Step L(1)
2-3 RF Step Backwards(2), LF Recover Weight(3)
4&5 RF Step Forward(4), LF Step 1/2 Turn R(6:00)(&), RF Step Backwards(5)
6-7 LF Step Forward(6), LF 1/2 Turn R with RF Brush Kick(7)
8&1 RF Step Forward(8), LF Cross Behind(&), RF Step Forward(1)

S2: HOLD, LOCK STEP X3, SWEEP FORWARD, CROSS ROCK, RECOVER, SIDE

2 Hold(2)
&3&4& LF Cross Behind(&), RF Step Forward(3), LF Cross Behind(&), RF Step Forward(4), LF Cross Behind(&)
5-6-7 RF Step Forward with LF Sweep Forward(5-6-7)
8&1 LF Cross Over(8), RF Recover Weight(&), LF Step L(1)

S3: CROSS ROCK, RECOVER, SIDE SHUFFLE 1/4 TURN R, WALK X2, FORWARD, 1/2 TURN L, BACKWARDS

2-3 RF Cross Over(2), LF Recover Weight(3)
4&5 RF Step R(4), LF Step Together(&), RF Step 1/4 Turn R(3:00)(5)
6-7 LF Step Forward(6), RF Step Forward(7)
8&1 LF Step Forward(8), RF Step 1/2 Turn L(9:00)(&), LF Step Backwards(1)

S4: HIP SWAY R-L-R-L, TOGETHER, WALK X2, FORWARD, 1/2 TURN L, 1/4 TURN L

2-3 RF Hip Sway R(2), LF Hip Sway L(3)
4&5 RF Hip Sway R(4), LF Hip Sway L(&), RF Step Together(5)
6-7 LF Step Forward(6), RF Step Forward(7)
8&1 LF Step Forward(8), RF Step 1/2 Turn L(3:00)(&), LF Step 1/4 Turn L(12:00)(1)

S5: TOUCH, SWIVEL WALKING X6

2-3 RF Touch Beside LF(2), RF Swivel Step Forward(3)

- 4-5 LF Swivel Step Forward(4), RF Swivel Step Forward(5)
- 6-7 LF Swivel Step Forward(6), RF Swivel Step Forward(7)
- 8 LF Swivel Step Forward(8)

S6 : Volta 1/2 Turn R, Volta Full Turn L

- 1&2& RF Step 1/8 Turn R(1:30)(1), LF Step Together(&), RF Step 1/8 Turn R(3:00)(2), LF Step Together(&)
- 3&4 RF Step 1/8 Turn R(4:30)(3), LF Step Together(&), RF Step 1/8 Turn R(6:00)(4)
- 5&6& LF Step 1/4 Turn L(3:00)(5), RF Step Together(&), LF Step 1/4 Turn L(12:00)(6), RF Step Together(&)
- 7&8 LF Step 1/4 Turn L(9:00)(7), RF Step Together(&), LF Step 1/4 Turn L(6:00)(8)

S7 : TOUCH, SWIVEL FORWARD WALKING X3, TOUCH, SWIVEL FORWARD WALKING X3

- 1-2 RF Touch Beside LF(1), RF Swivel Forward(2)
- 3-4 LF Swivel Forward(3), RF Swivel Forward(4)
- 5-6 LF Touch Beside RF(5), LF Swivel Forward(6)
- 7-8 RF Swivel Forward(7), LF Swivel Forward(8)

S8 : CROSS, SIDE, 1/8 TURN STEP BACKWARDS, BACK LOCK STEP, FULL TURN, HOP WITH HITCH, SIDE DRAG

- 1&2 RF Cross Over(1), LF Step L(&), RF 1/8 Turn Step Backwards(7:30)(2)
- 3&4 LF Step Backwards(3), RF Cross Over(&), LF Recover Weight(4)
- 5&6& RF 1/4 Turn R(9:00)(5), LF 1/2 Turn R(3:00)(&), RF 1/4 Turn R(6:00)(6), LF Hop with RF Hitch(&)
- 7-8 RF Right Side Drag(7-8)

Enjoy Dance!

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