

Sole Mio Elvis

拍数: 32 墙数: 4 级数: Beginner
编舞者: Silvi Laurent (INA) - January 2021
音乐: It's Now or Never - Elvis Presley



No Tag, No Restart

S1. SWAY - CROSS SHUFFLE - SWAY - CROSS SHUFFLE

1&2& Weight on both feet sway hips to right, hips to left, hips to right, hips to left
3&4. Cross R over L, Step L to L side, Cross R over L
5&6& Step L to left side, hips to right, hips to left, hips to right
7&8. Cross L over R, Step R to R side, Cross L over R

S2. SYNCOPATED TURN - SIDE MAMBO

1-& 1/4 Turn R step R forward, Step L slightly beside R
2-& 1/4 Turn R step R forward, Step L slightly beside R
3&4. 1/4 Turn R step R forward, Step L slightly beside R, Step R in place (09.00)
5&6 Step L to L side, Recover on R, Step L beside R,
7&8 Step R to R side, Recover on L, Step R beside L

S3. FORWARD LOCK SHUFFLE - TRIPLE HALF TURN- FORWARD LOCK SHUFFLE - TRIPLE HALF TURN

1&2 Step R forward, Step L behind R, Step R forward
3&4. Step L forward, 1/2 Turn R Step R In place, Step L forward
5&6. Step R forward, Step L behind R, Step R forward
7&8 Step L forward, 1/2 turn L Step R In place, Step L forward

S4. RHUMBA BASIC FORWARD - FORWARD MAMBO - BACKWARD WALK (L, R, L)

1&2. Step R to R side, Step L beside R, Step R forward
3&4. Step L to L side, Step R beside L, Step L forward
5&6 Step R forward, Recover on L, Step R back
7&8. Step L back, Step R back, Step L back

Enjoy the dance

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