

Los Dol

COPPERKNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Beginner
编舞者: Dian Rose (INA) - October 2021
音乐: Los Dol - Vita Alvia



Intro: 16 Count.

Do the intro dance before main dance (free style)

TAG #1 & RESTART

on Walls 2 after 16 Count

TAG #1

End of Walls 4, 6, 11

TAG #2

End of Walls 8

TAG #3

End of Walls 9

SEC. 1 Side, Together, Side Together X2

1-4 Step R to side - Step L together - Step R to side - Touch L together (12.00)

5-8 Step L to side - Step R together - Step L to side - Touch R together

SEC. 2 Rockin Chair, Paddle 1/2 Turn

1-4 Step R forward - Recover on L - Step R back - Recover on L

5-8 Step R to side - 1/4 Turn L (weight on L) - Step R to side - 1/4 Turn L (weight on L)

TAG #1 ON WALL 2 AFTER 16 COUNT (V STEP - HIP ROLL) & RESTART

SEC. 3 Cross Rock Recover, Side casse, Cross Rock Recover, Casse 1/2 Turn

1-2 Rock R Cross Over L - Recover on L

3&4 Step R to side - Close L beside R - Step R in place

5-6 Rock L Cross Over L - Recover on R

7&8 Step L to side - Close R beside L - 1/4 Turn Right Step L forward

SEC. 4 Toe Strut - Jazz Box

1-4 Touch R Toe forward - Step down R heel - Touch L Toe forward - Step down L heel

5-8 Cross R over L - Step L Back - Step R to side - Step L forward

TAG #1 V STEP, HIP ROLL

ON WALL 2 AFTER 16 COUNT

END OF WALLS 4, 6, 11

1-2 Step R forward, Step L forward

3-4 Step R back to centre, Step L next to R

5-8 Make Hip Roll to L side (5, 6) Right Side (7, 8)

TAG #2 V STEP, HIP ROLL X2

END OF WALLS 8

1-2 Step R forward, Step L forward

3-4 Step R back to centre, Step L next to R

5-8 Make Hip Roll to L side (5, 6) Right Side (7, 8)

TAG #3 V STEP

END OF WALLS 9

1-2 Step R forward, Step L forward

3-4 Step R back to centre, Step L next to R

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Enjoy the dance

Last Update - 28 Oct. 2021
