

Solid Ground

拍数: 32 墙数: 2 级数: Intermediate
编舞者: Stefano Civa (IT) - February 2024
音乐: Solid Ground - High Valley : (Album:Small Town Somethin')



Start dancing after 32 counts

LONG STEP R TO RIGHT SIDE, STRIDE, KICK L, KICK R, LONG STEP L TO LEFT SIDE, STRIDE, KICK R, KICK L

1-2 Long step to right side, i bring my left leg close to my right leg (12:00)
3&4& Kick left fwd, return, kick right fwd, return
5-6 Long step to left side, i bring my right leg close to my left leg
7&8& Kick right fwd, return, kick left fwd, return

STEP R SIDE 1/4 L, CROSS L BEHIND, TRIPLE STEP 3/4 TURN R, STEP L FWD, STEP R BACK 1/2 TURN L, UNWIND 1/2 TURN LEFT

1-2 Step right side 1/4 L, cross left behind (9:00)
3&4 Triple step 3/4 turn R (R-L-R) (6:00)
5-6 Step left fwd, (6:00) step right back 1/2 turn left (12:00)
7-8 Point left behind right and 1/2 turn left (6:00)

RUMBA BOX FWD, KICK BALL CROSS TWICE DIAGONAL LEFT, STOMP LEFT 1/8 R, HOLD

1&2 Step right to side, step left near right foot, step right forward
3&4 Kick ball cross left 1/8 turn left
5&6 Kick ball cross left
7-8 Stomp left 1/8 turn right, hold (6:00)

STEP R NEAR L, STEP L SIDE, STOMP R, WAVE, STOMP R, HOLD, STEP R BACK, STEP L BACK, SCUFF R

&1-2 Step R near L foot, step L to left side, Stomp R
3&4 Cross L behind R, step right to side, cross L fwd
5-6 Stomp R, hold
&7-8 Step right back, step left back, scuff R

REPEAT

BRIDGE 8th wall After 30 counts (at 12:00)

CLAP, HOLD

1-2 Clap, hold
3-4 Clap, hold
5-6 Clap, hold
7-8 Clap, hold
1-2 Clap, hold
3-4 Clap, hold
5-6 Clap, hold
7-8 Clap, hold

RUMBA BOX FWD, KICK BALL CROSS TWICE DIAGONAL LEFT, STOMP LEFT 1/8 R, HOLD

1&2 Step right to side, step left near right foot, step right forward
3&4 Kick ball cross left 1/8 turn left
5&6 Kick ball cross left
7-8 Stomp left 1/8 turn right, hold

RESTARTS

*3rd wall after 16 counts (at 6:00)

*7th wall after 30 counts (at 6:00)

Per contattare il coreografo::

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