

Sola (Bachata)

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 2 级数: Improver
编舞者: Ping Chen (CN), Shirley Bang (MY) & Penny Tan (MY) - June 2024
音乐: Sola (Bachata Version) - DJ Tony Pecino



Intro 16C

*1 Tag / 2 Restarts

*Tag 4C , end of W4 ,facing 3:00

Tag: Rocking Chair

1-4 Step RF fwd , recover on L , step RF back , recover on L

**Restart with step change after 16C on W3 , facing 9:00 & after 24C on W7 , facing 12:00

SEC1:FWD , TOGETHER ,1/4 TURN R SIDE, TOUCH , SIDE, TOGETHER , SIDE CHASSE

1-2 Step RF fwd , step LF next to RF
3-4 ¼ turn R , step RF to R , touch LF next to RF
5-6 Step LF to L , step RF next to LF
7&8 Step LF to L , step RF next to LF , step LF to L

SEC2:FWD TOE STRUC R-L , PIVOT ½ TURN L , FWD , TOUCH

1-2 Touch R toes fwd , step R heel down (with hip bumps RL)
3-4 Touch L toes fwd , step L heel down (with hip bumps LR)
5-6 Step RF fwd , ½ turn L , step LF fwd
7-8 Step RF fwd , touch LF next to RF

* Restart with step change after 16C on W3 : on count 8 , step LF next to RF , facing 9:00

SEC3:SIDE TOUCH L-R, FWD TOUCH , SIDE TOUCH , STEP BACK , HOOK

1-2 Step LF to L , touch RF next to LF
3-4 Step RF to R , touch LF next to RF
5-6 Touch LF fwd , touch LF to L side
7-8 Step LF back , hook RF over LF

**Restart after 24C on W7 , facing 12:00

SEC4:R ROLLING VINE , POINT , ¼ TURN L RECOVER, POINT , IN PLACE STEP R-L , TOUCH

1-2 1/4 turn R step RF fwd , 1/2 turn R step LF backward
3-4 1/4 turn R step RF to R side , point LF to L side
5-6 ¼ turn L , step LF next to RF , point RF to R side
7&8 In place - step RF next to LF , step LF next to RF , touch RF next to LF