

# Solid Sole

拍数: 32      墙数: 4      级数: Beginner  
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音乐: Solid - Ashford & Simpson



## 2X CROSS ROCK-ROCK-½ LEFT FORWARD SHUFFLE, (12:00)

1-2            Cross rock forward onto left foot, rock onto right foot  
3&4            Turn ½ left & step forward onto left foot, close right foot next to left, step forward onto left foot  
**On counts 3&4, depending on floor space or styling, you can do a ½ left traveling (cha-cha) triple step**  
5-6            Cross rock forward onto right foot, rock onto left foot  
7&8            Turn ½ right & step forward on right foot, close left foot next to right, step forward on right foot  
**On counts 7&8, depending on floor space or styling, you can do a ½ right traveling (cha-cha) triple step**

## WALK FORWARD: RIGHT-LEFT, 2X CROSS STEP-LARGE SIDE ROCK STEP-STEP, (12:00)

9-10            Walk forward: left foot, right foot  
11-12            Cross step left foot over right, large rock step right foot to right side  
13-14            Step onto left foot, cross step right foot over left  
15-16            Large rock step left foot to left side, step onto right foot

## CROSS STEP, SIDE STEP, ¼ LEFT BACKWARD TOE TOUCH, 2X FORWARD SHUFFLE, STEP FORWARD, (9:00)

17-18            Cross step left foot over right, step right foot to right side  
19                Turn ¼ left & touch left toe backward  
20&21            Step forward onto left foot, close right foot next to left, step forward onto left foot  
22&23            Step forward onto right foot, close right foot next to right, step forward onto right foot  
24                Step forward onto left foot

## ½ RIGHT BACKWARD TOE TOUCH, 2X FORWARD SHUFFLE, CROSS ROCK, ROCK, SIDE STEP, (3:00)

25                Turn ½ right & touch right toe backward  
26&27            Step forward onto right foot, close right foot next to right, step forward onto right foot  
28&29            Step forward onto left foot, close right foot next to left, step forward onto left foot  
30                Cross rock forward onto right foot  
31-32            Step onto left foot, step right foot to right side

**Option: replace all rock forward with push steps**

**Option: depending on space or styling the forward shuffles in section 3 and 4 can either be standard or short stepped**

**REPEAT**

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