

Soluna

拍数: 64 墙数: 4 级数: Intermediate
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音乐: Monday Mi Amor - Soluna



CHASSE LEFT, BACK ROCK, ¼ TURN LEFT, ½ TURN LEFT, STEP, PIVOT ¼ TURN LEFT

- 1&2 Step left to left side, close right beside left, step left to left side
- 3-4 Rock back on right, rock forward on left
- 5-6 Turn ¼ turn left stepping back on right, turn ½ turn left stepping forward on left
- 7-8 Step forward on right, pivot ¼ turn left (facing 12:00)

Easier option

- 5-6 Step right to right side, cross left behind right
- 7-8 Rock right to right side, recover weight on left

CROSS ROCK, CHASSE RIGHT, CROSS, SIDE, LEFT SAILOR ¼ TURN LEFT

- 1-2 Cross rock right over left, rock back on left
- 3&4 Step right to right side, close left beside right, step right to right side
- 5-6 Cross step left over right, step right to right side
- 7&8 Sweep/cross left behind right turning ¼ turn left, step right beside left, step left slightly left

CROSS, POINT, CROSS, KICK, CROSS, BACK, RIGHT TRIPLE ½ TURN RIGHT

- 1-2 Step right forward across left, point left toe out to left side (facing 9:00)
- 3-4 Step left forward across right, kick right diagonally forward right
- 5-6 Cross step right over left, step back on left
- 7&8 Right triple step in place turning ½ turn right stepping right, left, right (facing 3:00)

DIAGONAL ROCK STEPS (WITH HIP PUSHES), STEP, PIVOT ½ TURN RIGHT, LEFT SHUFFLE FORWARD

- 1-2 Rock left diagonally forward left pushing hips forward, rock back on right pushing hips back right
- 3-4 Rock left diagonally back left pushing hips back, rock forward on right pushing hips forward right
- 5-6 Step forward on left, pivot ½ turn right
- 7&8 Left shuffle forward stepping left, right, left (facing 9:00)

FULL TURN LEFT (TRAVELING FORWARD), FORWARD ROCK, RIGHT COASTER CROSS, SIDE ROCK ¼ TURN RIGHT

- 1-2 Turn ½ turn left stepping back on right, turn ½ turn left stepping forward on left
- 3-4 Rock forward on right, rock back on left
- 5&6 Step back on right, step left beside right, cross step right over left
- 7-8 Rock left out to left side, recover weight on right turning ¼ turn right (facing 12:00)

DIAGONAL SHUFFLE FORWARD, SIDE ROCK, RIGHT CROSS SHUFFLE, SIDE, HOLD & CLAP

- 1&2 Left shuffle diagonally forward right stepping left, right, left
- 3-4 Rock right out to right side, recover weight on left (straighten up to 12:00)
- 5&6 Cross step right over left, step left to left side, cross step right over left
- 7-8 Step left to left side, hold and clap

& ¼ TURN LEFT, HOLD & CLAP, STEP, PIVOT ½ TURN LEFT, RIGHT KICK-BALL-CROSS, SIDE ROCK

- &1-2 Sep right beside left, turn ¼ turn left stepping forward on left, hold and clap
- 3-4 Step forward on right, pivot ½ turn left (facing 3:00)
- 5&6 Kick right forward, step ball of right beside left, cross step left over right

7-8 Rock right out to right side, recover weight on left

BEHIND, ¼ TURN LEFT, STEP, PIVOT ¾ TURN LEFT, CHASSE RIGHT, BACK ROCK

1-2 Cross right behind left, turn ¼ turn left stepping forward on left

3-4 Step forward on right, pivot ¾ turn left

5&6 Step right to right side, close left beside right, step right to right side

7-8 Rock back on left, rock forward on right (facing 3:00)

REPEAT
