

El Mismo Sol

拍數: 64 牆數: 1 級數: Novice
編舞者: Nicola Alessia - May 2015
音樂: El Mismo Sol - Álvaro Soler



Start after clapping, when music starts with intro

Intro (8 Counts):

[1 – 8] Touches Fwd

1-2, 3-4 R touch fwd, L touch fwd

5&6&7&8& 4 times in double speed

Strophe (40 Counts):

[1 – 8] Shuffle Diagonal R Fwd, Shuffle Diagonal L Fwd, Mambo R + L

1 & 2 R step diagonal R fwd, L together R, R step diagonal R fwd

3 & 4 L step diagonal L fwd, R together L, L step diagonal L fwd

5&6, 7&8 R side rock, together, L side rock, together

[1 – 8] Shuffle Diagonal R Back, Shuffle Diagonal L Back, Mambo R + L

1 & 2 R step diagonal R back, L together R, R step diagonal R back

3 & 4 L step diagonal L back, R together L, L step diagonal L back

5&6, 7&8 R side rock, together, L side rock, together

[17 – 32] □ Repeat Counts 1 - 16 □

[33 – 40] □ Dance Intro Steps

Refrain (32 Counts):

[1 – 32] □ Shuffles R, Cross Rocks + Side Rocks, Repeat Mirrored

1 – 8 (1) R side, (&) L together, (2&3&4&) repeat 4 times

9 - 16 (5&) cross rock, (6&) side rock, (7&8&) repeat

17 – 24 (1) L side, (&) R together, (2&3&4&) repeat 4 times

25 - 32 (5&) cross rock, (6&) side rock, (7&8&) repeat

[33 – 64] □ Repeat 1 – 32

Interlude (24 counts):

[1 – 8] R Mambo Fwd, L Mambo Back, R Side Together Side, L Side, Together

1 – 4 (1&2) mambo step R fwd, (3&4) mambo step L back

5 - 8 (5&6) R side, together, side, (7,8) L side, R together

9 - 12 (1&2) mambo step L fwd, (3&4) mambo step R back

13 - 16 (5&6) L side, together, side, (7,8) R side, L together

In 2 And 3 Wall Repeat Interlude Steps

[17 – 24] □ Dance Intro Steps

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