

El Mismo Sol

拍數: 32 牆數: 4 級數: Beginner
編舞者: Chatti the Valley (ES) - December 2015
音樂: El Mismo Sol (feat. Jennifer Lopez) - Álvaro Soler



Intro: 8 claps +8 - Bpm: 112

[1-8]: Right SAMBA STEP, Left SAMBA STEP, Right ROCK STEP, Right SHUFFLE ½ TURN.

1 Step right forward
& Step left forward diagonal left
2 Recover weight on right foot
3 Step left forward
& Step right forward diagonal right
4 Recover weight on left foot
5 Step right forward
6 Recover weight on left foot
7 ¼ turn right, step right to right side
& Step left beside right foot
8 ¼ turn right, step right forward (6:00)

[9-16]: Left ROCK STEP, COASTER STEP, Right ROCK STEP, ¼ TRUN Right CHASSE.

1 Step left forward
2 Recover weight on right foot
3 Step left back
& Step right back, beside left foot
4 Step left forward
5 Step right forward
6 Recover weight on left foot
7 ¼ turn right, step right to right side (9:00)
& Step left beside right foot
8 Step right to right side

[17-24]: Left ROCK STEP, Left CHASSE, Right ROCK STEP, Right Back SHUFFLE.

1 Step left forward
2 Recover weight on right foot
3 Step left to left side
& Step right beside left foot
4 Step left to left side
5 Step right forward
6 Recover weight on right foot
7 Step right back
& Step left back, near right foot
8 Step right back

[25-32]: Left COASTER STEP, Left TRAVELLING PIVOT, Right MAMBO ROCK, Left Back MAMBO ROCK.

1 Step left back
& Step right back, beside left foot
2 Step left forward
3 ½ turn left, step right back
4 ½ turn left, step left forward (9:00)
5 Step right forward
& Recover weight on left foot

- 6 Step right beside left foot
- 7 Step left back
- & Recover weight on right foot
- 8 Step left beside right foot

START AGAIN

TAGS: At the end of walls, 1, 3, 4, 6, 7, dance these 8 counts extra and start the dance again.

[1-8]: Left PADDLE TURN

- 1 Step right forward
- 2 $\frac{1}{4}$ turn left, weight on left foot
- 3-8 Repeat counts 1-2 three times more to complete a full turn.

The last wall, number 9, also ends with the paddle turn 8 counts, but turn only $\frac{3}{4}$, finish on wall 12:00

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