

# Mia Sofia

拍數: 64      牆數: 1      級數:  
編舞者: Jenifer Wolf (CAN) - March 2017  
音樂: Sofia - Álvaro Soler : (Single)



Sequence: 64, 4, 64, 16, 64, 4, 64, 16, 64, 64 \_\_\_\_\_

Intro: 16 counts □ Intermediate

## (A) ROCK, REPLACE, TRIPLE SIDE, ROCK, REPLACE, TRIPLE SIDE

- 1-2            Cross left foot in front of right foot, Step right foot in place
- 3&4           Step left foot to left side, Step right foot beside left foot, Step left foot to left side
- 5-6           Cross right foot in front of left foot, Step left foot in place
- 7&8           Step right foot to right side, Step left foot beside right foot, Step right foot to right side

## (B) □ ROCK, REPLACE, TURN ¾ LEFT, STEP OUT, STEP OUT, STEP IN, STEP IN

- 1-2            Step left foot forward, Step right foot in place
- 3&4           Turn ¾ left as you do a triple in place LRL. (3:00 o'clock)
- 5-6           Step right foot forward on a right diagonal, Step left foot forward on a left diagonal
- 7-8           Step right foot back stepping to centre, Step left foot back beside right foot

## (C) □ HEEL, GRIND, COASTER, HEEL, GRIND, COASTER

- 1-2            Place light weight on right heel forward toe pointing in to the left, Swivel heel to centre
- 3&4           Step right foot back, Step left foot beside right foot, Step right foot forward
- 5-6           Place light weight on left heel forward, toe pointing in the to right, Swivel heel to centre
- 7&8           Step left foot back, Step right foot beside left foot, Step left foot forward

## (D) ROCK, REPLACE, TRIPLE BACK, ROCK, REPLACE, STEP, STOMP & CLAP

- 1-2            Step right foot forward, Step left foot in place
- 3&4           Step right foot back, Step left foot beside right foot, Step right foot back
- 5-6           Step left foot back, Step right foot in place
- 7-8           Step left foot forward, Stomp right foot up as you step forward and clap at the same time

## (E) □ TOUCH, TOUCH, TURN ½ RIGHT, TOUCH, REPEAT TURN ½ LEFT, TOUCH

- 1-2            Touch right toe forward, Touch right toe out to right side
- 3-4            Turn ½ right onto right foot, Touch left toe to left side
- 5-6            Touch left toe forward, Touch left toe out to left side
- 7-8            Turn ½ left onto left foot, Touch right to right side (this is not a Monterey)

## (F) □ ROCK, REPLACE, TURN ¼ RIGHT, SWAY, SWAY, TURN ¼ LEFT, REPEAT

- 1-2            Step right foot forward, Step left foot in place (3:00 o'clock wall)
- 3-4            Turn ¼ right onto right foot as you sway right, Sway onto left foot (6:00 o'clock wall)
- 5-8            Turn ¼ left repeating counts 1-4 (ending facing 6:00 o'clock back wall on the sway left)

## (G) THREE HEEL SWITCHES, CLAP, STEP, TURN ½ LEFT, STEP, STEP

- 1&2            Touch right heel forward, Step right foot beside left foot, Touch left heel forward
- &3-4           Step left foot beside right foot, Touch right heel forward, Clap
- 5-6            Step right foot forward, Turn ½ left onto left foot (12:00 o'clock, front wall)
- 7-8            Step right foot forward, Step left foot forward

## (H) □ STEP, TOGETHER, STEP, BRUSH, ON A DIAGONAL RIGHT, REPEAT TO LEFT

- 1-2            Step right foot to right side on a right diagonal sideways, Step left foot beside right foot
- 3-4            Step right foot to right side, Brush left foot beside right foot
- 5-6            Step left foot to left side on a left diagonal sideways, Step right foot beside left foot

7-8

Step left foot to left side, Step right foot beside left foot

**Begin again, enjoy!**

**Tags: 4 counts: after 1st & 3rd repetition, forward 2 steps, left, right, Step back 2 steps left, right**

**#16 counts: after 2nd & 4th. repetition, 3 heel switches starting with the left foot, R. L., clap, step left forward, turn ½ right, step forward, left, right, step to left side, together right, step left, brush right, rock right forward, step left in place, turn ½ right triple forward right, left, right. Ends on front wall**

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