

Solo Dance

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Hiroko Carlsson (AUS) - August 2017
音樂: Solo Dance - Martin Jensen : (iTunes)



(Intro: count 32)

[S1] Apple Jack RL, Hold, Toes Fan Up-Down, Step Pivot 1/2L, Step Paddle 1/4L

1&2& Twist right heel to left and left toe to left, Recover back to centre, Twist left heel to right and right toe to right, Recover back to centre
3&4 Hold (3), Toes fan out & up (&), Bring back to centre (4)
5 6 Step R fwd, Turning 1/2L weight on L
7 8 Step R fwd, Turning 1/4L weight on L (3:00)

[S2] Cross Shuffle, Side, Behind, Side Rock, Cross, Hold, Side, Behind, Side

1&2 Cross R over L, Step L close to R, Cross R over L
&3 Step L to left side, Step R behind L
4& Rock/step L to left side, Recover weight on R
5 6& Cross L over R (5), Hold (6), Step R to right side (&)
7 8 Step L behind R, Step R to right side (3:00)

[S3] 1/4R Side Rock, Behind, Side, Cross, Side Rock, Behind, Side, Fwd

1 2 Turning 1/4R rock/step L to left side, Recover weight on R
3&4 Step L behind R, Step R to right side, Cross L over R
5 6 Rock/step R to right side, Recover weight on L
7&8 Step R behind L, Step L to left side, Step R fwd (6:00)

[S4] Shuffle Fwd, Step Pivot Turn 1/2L, &, Fwd w/ Drag, Together, Fwd w/ Scuff

1&2 Step L fwd, Step R next to L, Step L fwd
3 4& Step R fwd, Turning 1/2L weight on L, Step R next to L
5 6& Step L fwd, Drag R towards L, Step R next to L
7 8 Step L fwd, Scuff R fwd** (12:00)

[S5] Step 1/4L Paddle, Full Turn, Step 1/4L Paddle, Full Turn, &

1 2 Step R fwd, Turning 1/4L weight on L
3 4 Turning 1/2L step R back, Turning 1/2L step L fwd (9:00)
5 6 Step R fwd, Turning 1/4L weight on L
7 8& Turning 1/2L step R back, Turning 1/2L step L fwd, Step R next to L (6:00)

[S6] Side, Together, Side Shuffle, Knee Pop-Knee Pop (Travelling Back), Coaster Step

1 2 Step L to left side, Step R next to L
3&4 Step L to left side, Step R next to L, Step L to left side
5 6 Step R back w/ L knee pop, Step L back w/ R knee pop
7&8 Step R back, Step L next to R, Step R fwd (6:00)

[S7] Cross, Side, 1/4L Turning Coaster-Heel, &, Fwd, 1/4R Side, 1/4R Turning Coaster Step

1 2 Cross L over R, Step R to right side
3&4& Turning 1/4L step L back, Step R next to L, L heel fwd weight on R, Step L next to R (3:00)
5 6 Step R fwd, Turning 1/4R step L to left side
7&8 Turning 1/4R step R back, Step L next to R, Step R fwd (9:00)

[S8] Step 3/4R Pivot, Side, Touch Together, Funky Walk RLR, Side

1 2 Step L fwd, Turning 3/4R weight on R

3 4 Step L to left side, Touch R next to L weight on L
5 6 7 Do a funky walk for 3 counts RLR
8 Step L to left side weight on both feet (6:00)

Tag: End of Wall 2 (4 counts) – Fwd, Full Pivot L, Side Hold (12:00)

1 2 3 4 Step R fwd, Turning 1/2L weight on L, Turning further 1/2L on ball of left foot and step R to right side, Hold

Restart: Wall 3 count 32 with step change**

31 32 Step L fwd, Step R to right side weight on both feet (12:00)

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