

It Solo Solo

拍數: 32 牆數: 4 級數: Easy Intermediate
編舞者: Francien Sittrop (NL) - June 2018
音樂: Solo (feat. Demi Lovato) - Clean Bandit



Intro: Start after 16 counts from the beginning

[1 – 8] Rock, Recover, Kick Ball Step, Cross , Back, Shuffle back

1 – 2 Rock R to Right side, Recover on L
3 & 4 Kick R fwd Step R down. Step L in place
5 – 6 Step R across L. Step L back
7 & 8 Step R back, Step L next to R , Step R back

[9-16] Jump back, Cross, Shuffle fwd, Rock, Recover, ¾ Turn L

&1-2 Jump on both feet back L,R (&1), Step L across R (Daigonally R 01,30)
3 & 4 Step R fwd, Step L next to R, Step R fwd (Diagonally R 01.30)
5 – 6 Rock L fwd. Recover on R
7 – 8 ½ Turn L step L fwd (7.30) , ¼ Turn L step R to R side (4.30)

[17-24] Sailorstep, Sailorstep 1/8 R, Vaudeville R L

1 & 2 Sweep L behind R, Step R next to Lm Step L to L side
3 & 4 Sweep R behind L with 1/8 Turn R (06.00), Step L next to R, Step R to R side
5&6& Step L across R, Step R to R side, touch L heel fwd, Step L next to R
7&8& Step R across L, Step L to L side, Touch R heel fwd, Step R next to L

[25-32] Step fwd, ¼ R, Crossing shuffle, ½ Turn L, Knee Pops

1 – 2 Step L fwd, ¼ Turn R (09.00)
3 & 4 Step L across R, Step R to R side, Step L across R
5 – 6 ¼ Turn L step R back, ¼ Turn L step L to L side 903.00)
7 – 8 Step fwd with R and pop knee. Step fwd, with L and pop knee

Tag: after wall 2 – 5 – 7

[1 – 8] Hip Bumps, Mambo steps , Hip Bumps, Coasterstep
1 & 2 Touch R fwd and bump Hips R, L , R
3 & 4 Rock L fwd, Recover on R, Step L back
5 & 6 Touch R back and Bump hips R, L, R
7 & 8 Step L back, Step R next to L, Step L fwd

[9-16] Toe touches, Kick ball step, Jazz Box ½ Turn R

1 & 2 Touch R to R side, Touch R next to L, Touch R to R side
3 & 4 Kick R fwd, Step R down, Step L fwd
5 – 8 Step R across L, ¼ Turn R step L back, ¼ Turn R step R fwd, Step L fwd

[17-32] Repeat the 16 counts from above and start again with count 1 (will be the next wall