

So I Do It Solo

拍數: 96 牆數: 4 級數: Phrased Beginner +
編舞者: Angéline Fourmage (FR) - July 2018
音樂: Solo (feat. Demi Lovato) - Clean Bandit



Start : 16 counts

Sequence : A-B-A(32)-A-B-A-B-A

Part A (64)

A[1-8] : Step, Together Mambo, Step, Together Mambo

1-2 RF to R side, LF next to RF
3&4 RF to R side, Recover to LF, RF next to LF
5-6 LF to L side, RF next to LF
7&8 LF to L side, Recover to RF, LF next to RF

A[9-16] : Step, Touch, Step, Touch, Step, Touch, Step, Touch,

1-2 RF back on R diagonal, Touch LF next to RF
3-4 LF back on L diagonal, Touch RF next to LF
5-6 RF FW on R diagonal, Touch LF next to RF
7-8 LF FW on L diagonal, Touch RF next to LF

A[17-24] : Step, Together Mambo, Step, Together Mambo

1-2 RF to R side, LF next to RF
3&4 RF to R side, Recover to LF, RF next to LF
5-6 LF to L side, RF next to LF
7&8 LF to L side, Recover to RF, LF next to RF

A[25-32] : Step, Touch, Step, Touch, Step, Touch, Step Turn ¼ R

1-2 RF back on R diagonal, Touch LF next to RF
3-4 LF back on L diagonal, Touch RF next to LF
5-6 RF FW on R diagonal, Touch LF next to RF
7-8 LF FW, Make ¼ R (weigh is on RF) * Restart (Make R Touch, don't make ¼ R)

A[33-40] : Heel, Touch, Heel, Heel, Together, Heel, Touch, Heel, Heel, Together ¼ R

1-2 L Heel FW, Touch LF next to RF
3&4 L Heel FW, L Heel FW, LF next to RF
5-6 R Heel FW, Touch RF next to LF
7&8 R Heel FW, R Heel FW, RF next to LF

A[41-48] : Step Turn ½ R, Walk, Walk, Step, Point, Step, Point

1-2 LF FW, Turn 1/2 R (weigh is on RF)
3-4 LF FW, RF FW
5-6 LF to L side, Point RF back
7-8 RF to R side, Point LF back

A[49-56] : Heel, Touch, Heel, Heel, Together, Heel, Touch, Heel, Heel, Together ¼ R

1-2 L Heel FW, Touch LF next to RF
3&4 L Heel FW, L Heel FW, LF next to RF
5-6 R Heel FW, Touch RF next to LF
7&8 R Heel FW, R Heel FW, RF next to LF

A[57-64] : Step Turn ½ R, Walk, Walk, Step, Point, Step, Point

1-2 LF FW, Turn 1/2 R (weigh is on RF)

3-4 LF FW, RF FW
5-6 LF to L side, Point RF back
7-8 RF to R side, Point LF back

Part B (32)

B[1-8] : Step FW, Step FW, Knee Pop, Coaster Step, Step FW, Step FW, Knee Pop, Coaster Step

1&2 LF FW, RF FW, Knee Pop
3&4 RF back, LF next to RF, RF FW
5&6 Step LF FW, RF FW, Knee Pop (weight is on LF)
7&8 RF back, LF next to RF, RF FW

B[9-16] : Kick Ball, Point, Kick Ball, Point, Cross, Back ¼ L, Chassé L

1&2 Kick LF FW, LF next to RF, Point RF to R side
3&4 Kick RF FW, RF next to LF, Point LF to L side
5-6 Cross LF over RF, Make ¼ L with RF back
7&8 Chassé L (LF to L side, RF next to LF, LF to L side)

B[17-24] : Step FW, Step on Place, Knee Pop, Coaster Step, Step FW, Step FW, Knee Pop, Coaster Step

1&2 RF FW, Step LF on place, Knee Pop
3&4 RF back, LF next to RF, RF FW
5&6 LF FW, RF FW, Knee Pop (weight is on LF)
7&8 RF back, LF next to RF, RF FW

B[25-32] : Kick Ball, Point, Kick Ball, Point, Cross, Back ¼ L, Chassé L

1&2 Kick LF FW, LF next to RF, Point RF to R side
3&4 Kick RF FW, RF next to LF, Point LF to L side
5-6 Cross LF over RF, Make ¼ L with RF back
7&8 Chassé L (LF to L side, RF next to LF, LF to L side)

NOTA : RF = Right Foot , LF = Left Foot , FW = Forward

Smile and enjoy the dance

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