

# Solo (zh)

拍數: 128      牆數: 1      級數: Phrased Improver  
編舞者: Nina Chen (TW) - 2018年10月  
音樂: Solo (feat. Demi Lovato) - Clean Bandit



Intro: 16 counts

Sequence: A, A, B, C/ A, A, B, C, D/ B, C, D(16)

**PART A: 32 counts**

**Sec A1. FWD - TOUCH, COASTER CROSS, SIDE ROCK - RECOVER, BEHIND - 1/4 L FWD - FWD**

1-2, 3&4      Step RF fwd - Touch LF fwd, Step LF back - Step RF beside LF - Cross LF over RF  
5-6, 7&8      Rock RF to R - Recover on LF, Step RF behind LF - 1/4 turn L (9:00) step LF fwd - Step RF fwd  
1-2, 3&4      右足前踏 - 左足前點, 左足後踏 - 右足併踏左足旁 - 左足前跨  
5-6, 7&8      右足右下沉 - 重心回左足, 右足後跨 - 左轉1/4 (9:00) 左足前踏 - 右足前踏

**Sec A2. SCUFF - TOGETHER, BACK WITH TOE FANS.(x4), PRESS - RECOVER**

1-4      Scuff LF fwd - Step LF beside RF - Step RF back swing L toe out - Step LF back swing R toe out  
5-8      Step RF back swing L toe out - Step LF back swing R toe out - Press RF to R - Recover on LF  
1-4      左足前刷 - 左足併踏右足旁 - 右足後踏同時左足尖向外 - 左足後踏同時右足尖向外  
5-8      右足後踏同時左足尖向外 - 左足後踏同時右足尖向外 - 右足向右下壓 - 重心回左足

**Sec A3. CROSS - SIDE, CROSS SHUFFLE, 1/4 L FWD MAMBO, COASTER STEP**

1-2, 3&4      Cross RF over LF - Step LF to L, Cross shuffle (R L R)  
5&6,7&8      1/4 turn L (6:00) rock LF fwd - Recover on RF - Step LF back, Step LF back - Step RF beside LF - Step LF fwd  
1-2, 3&4      右足前跨 - 左足左踏, 跨交換步 (右 左 右)  
5&6,7&8      左轉1/4 (6:00) 左足前下沉 - 重心回右足 - 左足後踏, 右足後踏 - 左足併踏右足旁 - 右足前踏

**Sec A4. FWD - PIVOT 1/2 R, ROCKING CHAIR, SIDE - TOUCH**

1-4      Step LF fwd - Pivot 1/2 turn R (12:00) weight on RF - Rock LF fwd - Recover on RF  
5-8      Rock LF back - Recover on RF - Step LF to L - Touch RF behind LF  
1-4      左足前踏 - 向右踏轉1/2 (12:00) 重心回右足 - 左足前下沉 - 重心回右足  
5-8      左足後下沉 - 重心回右足 - 左足左踏 - 右足後跨點

**PART B: 32 counts**

**Sec B1. HIPS BUMP, CHASSE L - SLIGHTLY HITCH 1/4 L, HIPS BUMP, CHASSE L - SLIGHTLY HITCH 1/4 L**

1&2, 3&4&      Step RF to R while bump hips (R L R), Step LF to L - Step RF beside LF - Step LF to L - Slightly hitch RF 1/4 turn L (9:00)  
5&6, 7&8&      Step RF to R while bump hips (R L R), Step LF to L - Step RF beside LF - Step LF to L - Slightly hitch RF 1/4 turn L (6:00)  
1&2, 3&4&      右足右踏同時推臀 (右 左 右), 左足左踏 - 右足併踏左足旁 - 左足左踏 - 稍微抬起右足向左轉1/4 (9:00)  
5&6, 7&8&      右足右踏同時推臀 (右 左 右), 左足左踏 - 右足併踏左足旁 - 左足左踏 - 稍微抬起右足向左轉1/4 (6:00)

**Sec B2. HIPS BUMP, CHASSE L - SLIGHTLY HITCH, JAZZ BOX**

1&2, 3&4&      Step RF to R while bump hips (R L R), Step LF to L - Step RF beside LF - Step LF to L - Slightly hitch RF  
5-8      Cross RF over LF - Step LF back - Step RF to R - Cross LF over RF

1&2, 3&4& 右足右踏同時推臀 (右 左 右), 左足左踏 - 右足併踏左足旁 - 左足左踏 - 稍微抬起右足  
5-8 右足前踏 - 左足後踏 - 右足右踏 - 左足前踏

### **Sec B3. HIPS BUMP, CHASSE L - SLIGHTLY HITCH 1/4 L, HIPS BUMP, CHASSE L - SLIGHTLY HITCH 1/4 L**

**(Same as Sec B1)**

1&2, 3&4& Step RF to R while bump hips (R L R), Step LF to L - Step RF beside LF - Step LF to L - Slightly hitch RF 1/4 turn L (3:00)

5&6, 7&8& Step RF to R while bump hips (R L R), Step LF to L - Step RF beside LF - Step LF to L - Slightly hitch RF 1/4 turn L (12:00)

1&2, 3&4& 右足右踏同時推臀 (右 左 右), 左足左踏 - 右足併踏左足旁 - 左足左踏 - 稍微抬起右足向左轉1/4 (3:00)

5&6, 7&8& 右足右踏同時推臀 (右 左 右), 左足左踏 - 右足併踏左足旁 - 左足左踏 - 稍微抬起右足向左轉1/4 (12:00)

### **Sec B4. HIPS BUMP, CHASSE L - SLIGHTLY HITCH, JAZZ BOX**

**(Same as Sec B2)**

1&2, 3&4& Step RF to R while bump hips (R L R), Step LF to L - Step RF beside LF - Step LF to L - Slightly hitch RF

5-8 Cross RF over LF - Step LF back - Step RF to R - Cross LF over RF

1&2, 3&4& 右足右踏同時推臀 (右 左 右), 左足左踏 - 右足併踏左足旁 - 左足左踏 - 稍微抬起右足

5-8 右足前踏 - 左足後踏 - 右足右踏 - 左足前踏

### **PART C: 32 counts**

#### **Sec C1. HIPS BUMP, FWD - PIVOT 1/2 L, FWD - PIVOT 1/4 L**

1&2, 3&4 Step RF fwd while bump hips (R L R), Step LF fwd while bump hips (L R L)

5-8 Step RF fwd - Pivot 1/2 turn L (6:00) weight on LF - Step RF fwd - Pivot 1/4 turn L (3:00) weight on LF

1&2, 3&4 右足前踏同時推臀 (右 左 右), 左足前踏同時推臀 (右 左 右)

5-8 右足前踏 - 向左踏轉1/2 (6:00) 重心回左足 - 右足前踏 - 向左踏轉1/4 (3:00) 重心回左足

#### **Sec C2. HIPS BUMP, FWD - PIVOT 1/2 L, FWD - PIVOT 1/4 L**

**(Same as Sec C1)**

1&2, 3&4 Step RF fwd while bump hips (R L R), Step LF fwd while bump hips (L R L)

5-8 Step Step RF fwd - Pivot 1/2 turn L (9:00) weight on LF - Step RF fwd - Pivot 1/4 turn L (6:00) weight on L

1&2, 3&4 右足前踏同時推臀 (右 左 右), 左足前踏同時推臀 (右 左 右)

5-8 右足前踏 - 向左踏轉1/2 (9:00) 重心回左足 - 右足前踏 - 向左踏轉1/4 (6:00) 重心回左足

#### **Sec C3. HIPS BUMP, FWD - PIVOT 1/2 L, FWD - PIVOT 1/4 L**

**(Same as Sec C1)**

1&2, 3&4 Step RF fwd while bump hips (R L R), Step LF fwd while bump hips (L R L)

5-8 Step Step RF fwd - Pivot 1/2 turn L (12:00) weight on LF - Step RF fwd - Pivot 1/4 turn L (9:00) weight on L

1&2, 3&4 右足前踏同時推臀 (右 左 右), 左足前踏同時推臀 (右 左 右)

5-8 右足前踏 - 向左踏轉1/2 (12:00) 重心回左足 - 右足前踏 - 向左踏轉1/4 (9:00) 重心回左足

#### **Sec C4. HIPS BUMP, FWD - PIVOT 1/2 L, FWD - PIVOT 1/4 L**

**(Same as Sec C1)**

1&2, 3&4 Step RF fwd while bump hips (R L R), Step LF fwd while bump hips (L R L)

5-8 Step Step RF fwd - Pivot 1/2 turn L (3:00) weight on LF - Step RF fwd - Pivot 1/4 turn L (12:00) weight on L

1&2, 3&4 右足前踏同時推臀 (右 左 右), 左足前踏同時推臀 (右 左 右)

5-8 右足前踏 - 向左踏轉1/2 (3:00) 重心回左足 - 右足前踏 - 向左踏轉1/4 (12:00) 重心回左足

### **PART D: 32 counts**

**Sec D1. SWAY R - SWAY L - 1/4 L SWAY R - SWAY L**

- 1-4 Step RF to R - Sway to R - Step LF to L - Sway to L  
5-8 1/4 turn L (9:00) step RF to R - Sway to R - Step LF to L - Sway to L  
1-4 右足右踏 - 向右搖臀 - 左足左踏 - 向左搖臀  
5-8 左轉1/4 (9:00) 右足右踏 - 向右搖臀 - 左足左踏 - 向左搖臀

**Sec D2. 1/4 L SWAY R - SWAY L - FWD ROCK - RECOVER - SWAY**

- 1-4 1/4 turn L (6:00) step RF to R - Sway to R - Step LF to L - Sway to L  
5-8 Rock RF fwd - Recover on LF - Sway to R - Sway to L  
1-4 左轉1/4 (6:00) 右足右踏 - 向右搖臀 - 左足左踏 - 向左搖臀  
5-8 右足前下沉 - 重心回左足 - 向右搖臀 - 向左搖臀

**Sec D3. SWAY R - SWAY L - 1/4 L SWAY R - SWAY L**

(Same as Sec D1)

- 1-4 Step RF to R - Sway to R - Step LF to L - Sway to L  
5-8 1/4 turn L (3:00) step RF to R - Sway to R - Step LF to L - Sway to L  
1-4 右足右踏 - 向右搖臀 - 左足左踏 - 向左搖臀  
5-8 左轉1/4 (3:00) 右足右踏 - 向右搖臀 - 左足左踏 - 向左搖臀

**Sec D4. 1/4 L SWAY R - SWAY L - FWD ROCK - RECOVER - SWAY**

(Same as Sec D2)

- 1-4 1/4 turn L (12:00) step RF to R - Sway to R - Step LF to L - Sway to L  
5-8 Rock RF fwd - Recover on LF - Sway to R - Sway to L  
1-4 左轉1/4 (12:00) 右足右踏 - 向右搖臀 - 左足左踏 - 向左搖臀  
5-8 右足前下沉 - 重心回左足 - 向右搖臀 - 向左搖臀

**Have Fun & Happy Dancing!**

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