

# Solo

拍數: 128      牆數: 1      級數: Phrased Improver  
編舞者: Nina Chen (TW) - October 2018  
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

### 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

### 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

### 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

## 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)

### 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

### 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)

### 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

**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

**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

**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

**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

**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

**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

**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

**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

**Have Fun & Happy Dancing!**

**Contact Nina Chen: [nina.teach.dance@gmail.com](mailto:nina.teach.dance@gmail.com)**

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