

Solina

拍數: 28 牆數: 4 級數: Beginner
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音樂: Lendy Sapulete - SOLINA (Amboina Song / Maluku)



Section 1: RF steps to the right side 2x, close the LF touch, LF steps to the left side, RF cross touch behind the LF, RF steps to the right side, LF cross touch behind the RF.

1 2 RF steps to the right side, LF closed.
3 4 RF foot steps again to the right side, LF closes touch.
5 6 LF steps to the left side, RF touch cross behind the LF
7 8 RF steps to the right side, LF cross touch behind the RF

Section 2: LF steps to the left side, RF step crosses behind the LF, LF steps to the left side, while turning 90°, RF steps to the right side while rotating 90° to the right, LF step crosses behind the RF, RF step to the right side, LF scuff, back in front of the RF.

1 2 LF steps to the left side, RF step cross behind the LF.
3 4 LF steps to the left side while turning 90° to the left side, RF steps to the right side parallel to the LF while rotating 90° to the right side.
5 6 LF cross steps behind the RF, RF steps to the right side.
7 8 LF scuff then back in front of the RF

Section 3: Monterey.. RF touch to the right side, close RF while rotating 90° to the right side, weight move to the RF. LF open to the left side, LF closed. Right foot step forwards, body weight balanced between the left and right legs, while rotating at a place 90° to the left side only by lifting the heel while shifting.

1 2 RF open to the right side, close RF while rotating 90° to the right side, weight moved to the RF.
3 4 LF open to the left side, left foot closed.
5 6 7 8 RF steps forward, weight balanced between the left and right feet, then the two legs rotate 90° to the left by only raising the heel.

Section 4: Only 4 counts

Jazz Box to move directions.

1 2 RF crossed in front of the left foot, LF steps to the side of the right foot while turning 90° to the right side.
3 4 RF steps to the right side, LF cross in front of the right foot.

Tag 8 count: After wall 4, After wall 5, After wall 11, After wall 13, After wall 15 end.

1 2 RF steps to the right side, LF closed.
3 4 LF steps to the left side, RF closed.
5 6 7 8 RF, open to right side, Shake hips right and left 4 counts.

Tag 4 count: After wall 12, After wall 14

1 2 RF steps to the right side, LF closed.
3 4 LF steps to the left side, LF closed.

Finish..You did it...
