

A Solas

拍數: 48 牆數: 4 級數:
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音樂: A Solas - KAROL G



Intro 32 counts • 2 Restarts, on wall 3 and wall 5 after 16 counts

Session 1* *1-8 : Forward 2×, Side Kick 2×, Rock Behind, Recover, Side Kick, Full Turn

1,2 R Step forward(1), L Kick left side(2)
3,4 L Step forward(3), R Kick right side(4)
5,&,6 R Step rock behind L(4), Recover on L(&), R Kick right side(6)
7,&,8 1/4 Turn right, facing 03.00 R step forward (7), 1/2 Turn right facing 09.00 L step
backward(&), 1/2 Turn right, facing 03.00 R step forward(8)

Session 2* *9-16 : Cross Rock 3×, Recover3×, Hip Roll, Touch

1,&,2 L Step cross over R(1), Recover on R(&), L Step left side(2)
3,&,4 R Step cross over L(3), Recover on L(&), R Step right side(4)
5,&,6 R Step cross over L(5), Recover on L(&), R Step right side(6)
7,8 R In place weight on L, as push hip making a circle starting from front of left side(7), R Touch
right side, while left hand is up and turn head to left(8)

Here is the Restart, after 16 counts,on Wall 3 and Wall 5

Session 3* *17-24 : Walk Forward, Step Lock Step, Pivot Turn, Step Lock Step

1,2 1/4 Turn right facing 06.00 R step forward(1), L Step forward(3)
3,&,4 R Step forward(3), L Step locked behind R(&), R Slightly step forward (4)
5,6 L Step forward(5), 1/4 Turn right facing 09.00 R step forward(6)
7,&,8 L Step forward(7), R Step locked behind L(&), L Slightly step forward(8)

Session 4* *25-32 : Cross Samba 2×, Pivot Turn, Cross Step, Side Mambo

1,a,2 R Step cross over L(1), L Step rock left side(a), Recover on R(2)
3,a,4 L Step cross over R(1), R Step rock right side(a), Recover on L(4)
5,&,6 R Step rock forward(5), 1/4 Turn left facing 06.00 L step in place(&), R Step across L(6)
7,&,8 L Step rock left side, Recover on R(&), L Step next to R(8)

Session 5* *33-40 : Step Lock Step 2×, Big Step, Closed Step, Cross Shuffle

1,&,2 R Step backward(1), L Step locked over R(&), R Slightly step backward(2)
3,&,4 L Step backward(3), R Step locked over L(&), L Slightly step backward(4)
5,6 R Make a backward big step(5), L Step closed next to R
7,&,8 1/4 Turn right facing 09.00 R step cross over L(7), L Slightly step left side(&), R Step cross
over L(8)

Session 6* *41-48 : Cross Shuffle, Step Lock Step 2×, Heels Switch

1,&,2 Turn 1/2 facing 03.00, L step cross over R(1), R Slightly step right side(&), L Step cross over
R
3,&,4 Facing 03.00 R diagonally step forward(3), L Step locked behind R(&), R Slightly step
forward(4)
5,&,6 L Diagonally step forward(5), R Step locked behind L(&), L Slightly step forward(6)
7,&,8,& Bring R heel forward(7), R Step next to L(&), Bring L heel forward(8), L Step next to R(&)