

# Sol y Mar

拍數: 64      牆數: 2      級數: Improver  
編舞者: Om Pardi (INA) - November 2021  
音樂: Sol Y Mar - Federico Rossi & Ana Mena



## S1: LINDY (RIGHT, LEFT)

1&2      Step R to side, Step L next to Right, Step R to side  
3-4      Rock L back, Recover on R  
5&6      Step L to side, Step R next to L, Step L to side  
7-8      Rock R back, Recover on L

## S2: FORWARD LOCK SHUFFLE, PIVOT ½ RIGHT, FORWARD LOCK SHUFFLE, PIVOT ½ LEFT

1&2      Step R forward, Lock L behind R, Step R forward  
3-4      Step L forward, Make ½ turn R on R  
5&6      Step L forward, Lock R behind L, Step L forward  
7-8      Step R forward, Make ½ turn L on L

## S3: (CROSS ROCK, RECOVER, SIDE, BESIDE, IN PLACE)X2

1-2      Cross rock R over L, Recover on L  
3&4      Step R to side, Step L beside R, Step R in place  
5-6      Cross rock L over R, Recover on R  
7&8      Step L to side, Step R beside L, Step L in place

## S4: TURN ¼ LEFT, PIVOT ½ LEFT, ¼ LEFT TURN RIGHT CHASSE, TURN ¼ RIGHT, PIVOT ½ RIGHT, ¼ RIGHT TURN LEFT CHASSE

1-2      Make ¼ L turn step R forward, Make ½ L turn on L  
3&4      Make ¼ L turn step R to side, Step L next to R, Step R to side  
5-6      Make ¼ R turn step L forward, Make ½ R turn on R  
7&8      Make ¼ R turn step L to side, Step R next to L, Step L to side

## S5: PRISSY WALK WITH HOLD, PIVOT ½ LEFT, WALK, WALK

1-4      Step R forward crossing over L, Hold, Step L forward crossing over R, Hold  
5-8      Step R forward, Make ½ turn L on L, Walk forward R, L

## S6: RIGHT CHASSE WITH ¼:RIGHT, TURN ¼ RIGHT, LEFT CHASSE WITH ¼ RIGHT, TURN ¼ RIGHT, RIGHT CHASSE, CROSS ROCK, RECOVER

1&2      Step R to side, Step L next to R, Make ¼ R turn step R forward  
3&4      Make ¼ R turn step L to side, Step R next to L, Make ¼ R turn step L back  
5&6      Make ¼ R turn step R to side, Step L next to R, Step R to side  
7-8      Cross Rock L over R, Recover on R

## S7: WEAVE, SIDE TOUCH, CROSS OVER, SIDE TOUCH, BESIDE TOUCH

1-4      Step L to side, Cross R over L, Step L to side, Cross R behind L  
5-8      Touch L outside L, Cross L over R, Touch R outside R, Touch R beside L

## S8: PIVOT ½ LEFT, FORWARD LOCK SHUFFLE, PIVOT ½ RIGHT, FORWARD LOCK SHUFFLE

1-2      Step R forward, Make ½ L turn on L  
3&4      Step R forward, Lock L behind R, Step R forward  
5-6      Step L forward, Make ½ R turn on R  
7&8      Step L forward, Lock R behind L, Step L forward

Enjoy the dance & have fun.

**TAG (16 Count) at the end of wall 2**

1-4 Step R to side, Step L next to R, Make  $\frac{1}{4}$  R turn step R forward Hitch L across R

5-8 Make  $\frac{1}{4}$  R turn step L to side, Step R next to L, Step L to side, Touch R beside L

1-4 Step R to side, Step L next to R, Make  $\frac{1}{4}$  R turn step R forward, Hitch L across R

5-8 Make  $\frac{1}{4}$  R turn step L to side, Step R next to L, Step L to side, Touch R beside L

**For more information about this dance please contact [gieprod@yahoo.com](mailto:gieprod@yahoo.com)**

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