

Solid Sole

拍數: 32 牆數: 4 級數: Beginner
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音樂: Solid - Ashford & Simpson



2X CROSS ROCK-ROCK-½ LEFT FORWARD SHUFFLE, (12:00)

1-2 Cross rock forward onto left foot, rock onto right foot
3&4 Turn ½ left & step forward onto left foot, close right foot next to left, step forward onto left foot
On counts 3&4, depending on floor space or styling, you can do a ½ left traveling (cha-cha) triple step
5-6 Cross rock forward onto right foot, rock onto left foot
7&8 Turn ½ right & step forward on right foot, close left foot next to right, step forward on right foot
On counts 7&8, depending on floor space or styling, you can do a ½ right traveling (cha-cha) triple step

WALK FORWARD: RIGHT-LEFT, 2X CROSS STEP-LARGE SIDE ROCK STEP-STEP, (12:00)

9-10 Walk forward: left foot, right foot
11-12 Cross step left foot over right, large rock step right foot to right side
13-14 Step onto left foot, cross step right foot over left
15-16 Large rock step left foot to left side, step onto right foot

CROSS STEP, SIDE STEP, ¼ LEFT BACKWARD TOE TOUCH, 2X FORWARD SHUFFLE, STEP FORWARD, (9:00)

17-18 Cross step left foot over right, step right foot to right side
19 Turn ¼ left & touch left toe backward
20&21 Step forward onto left foot, close right foot next to left, step forward onto left foot
22&23 Step forward onto right foot, close right foot next to right, step forward onto right foot
24 Step forward onto left foot

½ RIGHT BACKWARD TOE TOUCH, 2X FORWARD SHUFFLE, CROSS ROCK, ROCK, SIDE STEP, (3:00)

25 Turn ½ right & touch right toe backward
26&27 Step forward onto right foot, close right foot next to right, step forward onto right foot
28&29 Step forward onto left foot, close right foot next to left, step forward onto left foot
30 Cross rock forward onto right foot
31-32 Step onto left foot, step right foot to right side

Option: replace all rock forward with push steps

Option: depending on space or styling the forward shuffles in section 3 and 4 can either be standard or short stepped

REPEAT
