

Solo Humano

拍數: 40 牆數: 2 級數: Improver
編舞者: Debbie Ellis (ES)
音樂: Solo Soy Un Ser Humano - David Civera



KICK BALL POINT, HIP BUMPS (TWICE)

1&2 Kick right forward, step right together, touch left to side
3&4 Bump hips left, right, left (weight to left)
5&6 Kick right forward, step right together, touch left to side
7&8 Bump hips left, right, left (weight to left, 12:00)

SAILORS (TWICE), WALK RIGHT, LEFT, STEP, ½ TURN, STEP

1&2 Right sailor step
3&4 Left sailor step
5-6 Step right forward, step left forward
7&8 Step right forward, turn ½ left (weight to left), step right forward (6:00)

STEP ¾ TURN, RIGHT SAILOR, LEFT SAILOR ½ TURN, RIGHT MAMBO ½ TURN

1&2 Step left forward, turn ½ right (weight to right), turn ¼ right and step left to side
3&4 Right sailor step
5&6 Left sailor step turning ½ left
7&8 Rock right to side, recover to left, turn ½ right and step right together (3:00)

MAMBO FORWARD, SIDE MAMBOS (TWICE), STEP ¾ TURN

1&2 Mambo step left forward
3&4 Mambo step right to side
5&6 Mambo step left to side
7&8 Step right forward, turn ½ left (weight to left), turn ¼ left and step right to side (6:00)

CHASSÉ, BACK ROCK SIDE, HITCH AND POINT, AND POINT HITCH CROSS

1&2 Step left to side, step right together, step left to side
3&4 Rock right back, recover onto left, step right to side
5&6 Hitch left knee, step left together, touch right to side
&7&8 Step right together, touch left to side, hitch left knee, cross left over right

REPEAT

RESTART

During the 3rd wall, dance up to count 15&. Just touch right next to left. Start dance again facing back wall

FINISH

You will end facing the front wall on count 16 (step, ½ turn, step)