

Solo Una Vez

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Mikael Mölsä (FIN) - August 2007
音樂: Solo Una Vez - Sergio Dalma : (CD: Nueva Vida)



Starting point: At the chorus, at 1:00.

KICK, BACK, CROSS, SIDE, KICK, BACK, CROSS, SIDE, ROCK STEP PATTERN (1/2 A STAR)

1& Kick left forward, step left back
2& Step right across left, step left to side
3& Kick right forward, step right back
4& Step left across right, step right to side
5& Rock left forward, recover weight back to right
6& Rock left to side, recover weight back to right
7&8 Rock left back, recover weight back to right, step left to side

SYNCOPATED 1/2 PIVOT, TOUCH, SIDE, TOGETHER, FORWARD, SYNCOPATED STEPS FORWARD

1&2 Step right forward, 1/2 turn to left, touch right next to left
3&4 Step right to side, step left next to right, step right forward
5& Step left diagonal, lock right behind left
6& Step left diagonal, lock right behind left
7&8 Step left diagonal, lock right behind left, step left diagonal

MAMBO FORWARD, COASTER STEP, 1 1/4 LEFT TURNING PADDLE TURNS

1&2 Step right forward, recover weight back to left, step right back
3&4 Step left back, step right next to left, step left forward
5& Right small hitch, pivot 1/4 left tapping right toe side right
6& Right small hitch, pivot 1/4 left tapping right toe side right
7& Right small hitch, pivot 1/4 left tapping right toe side right
8& Right small hitch, pivot 1/2 left tapping right toe side right

REVERSED SAILORS, WEAVE LEFT

1&2 Step right across left, step left to side, step right to right diagonal
3&4 Step left across right, step right to side, step left to left diagonal
5& Step right across left, step left to side
6& Step right behind left, step left to side
7&8 Step right across left, step left to side, step right behind left

REPEAT

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