

Solar Power

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Gaye Teather (UK) - June 2011
音樂: Working On a Tan - Brad Paisley : (CD: This Is Country Music)



32 count intro

Kick. Together. Touch. Together. Touch. Together. Swivel

- 1 – 2 Kick Right foot forward. Step Right beside Left
- 3 – 4 Touch Left toe to Left side. Step Left beside Right
- 5 – 6 Touch Right toe to Right side. Step Right beside Left
- 7 – 8 With weight on Left toe and Right heel swivel both toes Right. Return toes to centre (weight on Left)

Vine quarter turn Right. Quarter turn Right. Back rock. Touch out. Touch in

- 1 – 2 Step Right to Right side. Cross Left behind Right
- 3 – 4 Quarter turn Right stepping forward on Right. Quarter turn Right stepping Left to Left side (Facing 6 o'clock)
- 5 – 8 Rock back on Right. Recover onto Left. Touch Right to Right side. Touch Right beside Left

***Restart from beginning at this point during wall 7 (you will be facing back wall)**

Modified Rumba box

- 1 – 4 Step Right to Right side. Step Left beside Right. Step forward on Right. Touch Left beside Right
- 5 – 8 Step Left to Left side. Step Right beside Left. Step back on Left. Kick Right forward (low kick)

Coaster step. Step. Hold. Step. Hold/clap. Step. Hold/clap

- 1 – 4 Step back on Right. Step Left beside Right. Step forward on Right. Hold
- 5 – 8 Step forward on Left. Hold & clap. Step forward on Right. Hold & clap

Left rocking chair. Step. Pivot half turn Right. Step. Hold

- 1 – 4 Rock forward on Left. Recover onto Right. Rock back on Left. Recover onto Right
- 5 – 8 Step forward on Left. Pivot half turn Right. Step forward on Left. Hold (Facing 12 o'clock)

Step. Pivot half turn Left. Step. Side Left. Quarter turn Right. Step. Hold

- 1 – 4 Step forward on Right. Pivot half turn Left. Step forward on Right. Hold
- 5 – 8 Step Left to Left side. Pivot quarter turn Right. Step forward on Left. Hold (Facing 9 o'clock)

Triple full turn Left (travelling forward). Hold. Forward Mambo. Hold

- 1 – 2 Half turn Left stepping back on Right. Half turn Left stepping forward on Left
- 3 – 4 Step forward on Right. Hold (Facing 9 o'clock)
- 5 – 8 Rock forward on Left. Recover onto Right. Step back on Left. Hold

Option for steps 1 – 4: Run forward Right. Left. Right. Hold

Back lock step. Hold. Sailor quarter turn Left. Touch

- 1 – 4 Step back on Right. Lock Left over Right. Step back on Right. Hold
- 5 – 6 Quarter turn Left sweeping Left out and behind Right. Step Right to Right side
- 7 – 8 Step forward on Left. Touch Right beside Left (Facing 6 o'clock)

Start again

**Note: Continue dancing until the very end of the track and you will end facing front on the last note.
Beginner version of this dance 'Factor 8' available**

