Los Dol

Count: 32 **Wall:** 4 **Level:** Beginner
Choreographer: Dian Rose (INA) - October 2021
Music: Los Dol - Vita Alvia

Intro: 16 Count.
Do the intro dance before main dance (free style)
TAG #1 & RESTART
on Walls 2 after 16 Count
TAG #1
End of Walls 4, 6, 11
TAG #2
End of Walls 8
TAG #3
End of Walls 9

SEC. 1 Side, Together, Side Together X2

1-4	Step R to side - Step L together - Step R to side - Touch L together (12.00)
5-8	Step L to side - Step R together - Step L to side - Touch R together

SEC. 2 Rockin Chair, Paddle 1/2 Turn

1-4	Step R forward - Recover on L - Step R back - Recover on L
5-8	Step R to side - 1/4 Turn L (weight on L) - Step R to side - 1/4 Turn L (weight on L)

TAG #1 ON WALL 2 AFTER 16 COUNT (V STEP - HIP ROLL) & RESTART

SEC. 3 Cross Rock Recover, Side casshe, Cross Rock Recover, Casshe 1/2 Turn

1-2	Rock R Cross Over L - Recover on L
3&4	Step R to side - Close L beside R - Step R in place
5-6	Rock L Cross Over L - Recover on R
7&8	Step L to side - Close R beside L - 1/4 Turn Right Step L forward

SEC. 4 Toe Strut - Jazz Box

1-4	Touch R Toe forward - Step down R heel - Touch L Toe forward - Step down L heel
5-8	Cross R over L - Step L Back - Step R to side - Step L forward

TAG #1 V STEP, HIP ROLL
ON WALL 2 AFTER 16 COUNT
END OF WALLS 4, 6, 11

1-2	Step R forward, Step L forward
3-4	Step R back to centre, Step L next to R
5-8	Make Hip Roll to L side (5, 6) Right Side (7, 8)

TAG #2 V STEP, HIP ROLL X2
END OF WALLS 8

1-2	Step R forward, Step L forward
3-4	Step R back to centre, Step L next to R
5-8	Make Hip Roll to L side (5, 6) Right Side (7, 8)

TAG #3 V STEP
END OF WALLS 9

1-2	Step R forward, Step L forward
3-4	Step R back to centre, Step L next to R

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Enjoy the dance

Last Update - 28 Oct. 2021
