

Sin Sofia

拍数: 64 墙数: 4 级数: Intermediate
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音乐: Sofia - Álvaro Soler



S1: WALK, WALK, SHUFFLE, ROCKSTEP, COASTERSTEP

- 1-2 Step RF forward, step LF forward.
- 3&4 Step RF forward, step LF next to RF, step RF forward.
- 5-6 Rock LF forward, recover onto RF.
- 7&8 Step LF back, RF next to LF, step LF forward.

S2: 2 x ¼ TURN LEFT, STOMP, HOLD, BALL-STEP, CLAP

- 1-2 Step RF forward, ¼ turn left.
- 3-4 Step RF forward, ¼ turn left.
- 5-6 Stomp RF forward, hold.
- &7&8 Step LF beside RF (&), step RF forward (7), clap twice (&-8)

S3: CROSS ROCK, CHASSE, CROSS, SIDE, SAILOR ¼ RIGHT

- 1-2 Cross rock LF over RF, recover onto RF.
- 3&4 Step LF to the side, RF next to LF, step LF to the side.
- 5-6 Cross RF over LF, step LF to the side.
- 7-8 Step RF behind LF, turn ¼ right with LF, recover onto RF.

S4: STEP, FLICK, ROCKSTEP, SHUFFLE ¼ TURN, ROCK STEP

- 1-2 Cross LF over RF, Flick RF up.
- 3-4 Cross RF over LF, recover weight onto LF.
- 5&6 Make ¼ turn right with RF, step LF beside RF, step RF forward.
- 7-8 Step LF forward, recover onto RF.

S5: STEP, TOUCH, CHASSE BACKWARDS 2x

- 1-2 Step LF diagonally back to the left, touch RF beside LF.
- 3&4 Step RF diagonally back to the right, LF beside RF, step RF diagonally back.
- 5-6 Step LF diagonally back to the left, touch RF beside LF.
- 7&8 Step RF diagonally back to the right, LF beside RF, step RF diagonally back.

S6: ROCKSTEP, 1/2 TURN RIGHT, ROCKSTEP, KICK-BALL-CHANGE

- 1-2 Rock LF backwards, recover onto RF.
- 3&4 Step LF 1/4 turn right, RF beside LF, step LF 1/4 turn right.
- 5-6 Rock RF backwards, recover onto LF.
- 7&8 Kick RF forward (7), replace RF next to LF(&), step LF slightly forward.

S7: STEP, POINT, STEP, POINT, JAZZBOX ¼ TURN RIGHT

- 1-2 Step RF forward, point LF to left side.
- 3-4 Step LF forward, point RF to right side.
- 5-6 Cross RF over LF, step LF back making ¼ turn right.
- 7-8 Step RF to right side, cross LF over RF.

S8: SIDE ROCK, CROSS SHUFFLE, 2 x ¼ TURN RIGHT, SHUFFLE FORWARD

- 1-2 Rock RF to right side, recover onto LF.
- 3&4 Cross RF over LF, step LF to the side, cross RF over LF.
- 5-6 ¼ turn right stepping LF back, ¼ turn right stepping RF to the side.
- 7&8 Step LF forward, RF beside LF, step LF forward.

Start again.

TAGS & RESTARTS

Tags after the end of walls 1 and 4: Rocking chair with your RF.

Restarts in walls 3 & 7: dance the first 16 counts of the dance stepping forward on count 16 instead of clapping.

Last Update - 20th May 2016
