

Solo

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Nicky Tan (MY) - September 2018
音乐: Solo (feat. Demi Lovato) - Clean Bandit



Dance starts after 16 counts.

Section 1: Heel Exchange, Touch, Step, 1/4L Heel Touch, Step, 1/4L Side Rock, Recover, Cross, Side Shuffle

- 1& Touch right heel forward, Step RF beside LF
- 2& Touch left heel forward, Step LF beside RF
- 3& Touch RF beside LF, Step RF beside LF
- 4& Turn ¼ L & Touch left heel forward, Step LF beside RF (9:00)
- 5&6 Turn ¼ L & Rock RF to side, Recover on LF, Cross RF over LF (6:00)
- 7&8 Step LF to left, Close RF together, Step LF to left

Section 2: Walk 2x, Syncopated Out Out In In, Step Out Out, Back, Back

- 1 2 Step RF forward, Step LF forward
- &3 Step RF diagonally forward, Step LF to left
- &4 Step RF back, Close LF together
- 5 6 Step RF diagonally forward, Step LF to left
- 7 8 Step RF back, Step LF back

Section 3: Back & Twist, 1/2L Forward Shuffle, Step & Twist, Cross & Cross

- 1&2 Step RF back, Twist both heels out to left and back in ending with weight on RF
- 3&4 Turn ½ L Step LF forward, Close RF behind LF, Step LF forward (12:00)
- 5&6 Step RF to right, Twist both heels out to left and back in ending with weight on LF
- 7&8 Cross RF over LF, Step LF behind RF, Cross, RF over LF

Section 4: Side Rock Cross 2x, Diagonally Back, Back, 1/4L Step, Touch

- 1&2 Rock LF to left, Recover on RF, Cross LF over RF
- 3&4 Rock RF to right, Recover on LF, Cross RF over LF
- 5 Step LF diagonally back & quickly close RF together
- 6 Step RF diagonally back, & quickly close LF together
- 7 8 Turn ¼ L & Step LF to left, Drag RF to close beside LF with a touch (9:00)