

Solamente Una Vez

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Beginner
编舞者: Paqui Escandell (ES) - January 2023
音乐: Solamente una Vez - Natalie Cole



No tags. No restarts.

(1-8) STEP SIDE, CLOSE, STEP FORWARD, ROCK FWD, ¼ TURN

1-4 LF step to side , RF step next to LF , LF step forward , hold
5-8 RF rock forward , recover on LF, make ¼ turn right and RF step to side , hold (3:00)

(9-16) WEAVE, SWEEP, WEAVE

1-4 LF cross over RF, RF step to right side, LF cross behind RF, sweep with RF
5-8 RF cross behind LF, LF step to left side, RF cross over LF, hold

(17-24) SLOW SIDE ROCKS WITH HIP SWAYS

1-4 LF rock side (hip), recover on RF, LF together RF, hold
5-8 RF rock side (hip), recover on LF, RF together LF, hold

(25-32) SLOW FORWARD ROCK, SLOW BACK ROCK WITH HIP SWAYS

1-4 LF rock forward (hip), recover to RF, LF together RF, hold
5-8 RF rock back (hip), recover to LF, RF together LF, hold