

Un Solo Latido

拍数: 32 墙数: 2 级数: Improver
编舞者: Santy Sept (INA) & Roosamekto Mamek (INA) - June 2025
音乐: Un Solo Latido - Shakira, Maluma & Enrique Iglesias



Intro : 16 count (Approximately 00:11)

SEQUENCE :

32, 32, 32, Tag 1,
32, 24, 32, 20
32, Tag 2, Tag 3 (2X), 32 with BRIDGE
20, 32, Tag 2, 20, Tag 3 (1X)

S1. STEP LOCK DIAGONAL FORWARD, DIAGONAL FORWARD LOCK SHUFFLE

1-2 Step R diagonal forward – Lock L behind R (12:00)
3&4 Step R diagonal forward – Lock L behind R – Step R diagonal Forward
5-6 Step L diagonal forward – Lock R behind L
7&8 Step L diagonal forward – Lock R behind L – Step L diagonal forward

S2. ROCK FORWARD, BACK SHUFFLE , BACK ROCK WITH HITCH, SIDE MAMBO

1-2 Rock R to forward – Recover on L (12:00)
3&4 Step R back – Step L together – Step R back
5-6 Step L Back and low hitch/lift R up – Step R in place and hitch L knee up
7&8 Rock L to side – Recover on R – Step L together

Note : Bridge happen here on wall 9

S3. PONY STEP (R & L), SIDE MAMBO (R & L)

1&2 Rock R back – Recover on L – Step R back and hitch/lift L up (12:00)
3&4 Rock L back – Recover on R – Step L back and hitch/lift R up

Note : Restart happen here on wall 7, 10 & 12

5&6 Rock R to side – Recover on L – Step R together
7&8 Rock L to side – Recover on R – Step L together

Note : Restart happen here on wall 5

S4. SAMBA CROSS (R & L), PIVOT TURN 1/2 LEFT, WALK FORWARD (R & L)

1&2 Cross R over L – Rock L to side – Recover on R (12:00)
3&4 Cross L over R – Rock R to side – Recover on L
5-8 Step R forward – Turn 1/2 left weight on L – Step R forward – Step L forward (6:00)

REPEAT

RESTART :

On wall 5 after 24 count

On wall 7, 10 & 12 after 20 count

Tag. 1 (4 count) : End of wall 3

V STEP

1-4 Step R diagonal forward – Step L diagonal forward – Step R back to center – Step L together

Tag. 2 (8 count) : End of wall 8 & 11

V STEP, JAZZBOX

1-4 Step R diagonal forward – Step L diagonal forward – Step R back to center – Step L together
5-8 Cross R over L – Step L back – Step R to side – Step L forward

Tag. 3 (16 count) : End of wall 8 AFTER Tag.2

S1. VINE (R & L)

1-4 Step R to side – Cross L behind R – Step R to side – Touch L together
5-8 Step L to side – Cross R behind L – Step L to side – Touch R together

S2. SIDE, HOLD (R & L), JAZZBOX

1-4 Step R to side – Hold – Step L to side – Hold
5-8 Cross R over L – Step L back – Step R to side – Step L forward

BRIDGE (4 count) : On wall 9 after 16 count

V STEP

1-4 Step R diagonal forward – Step L diagonal forward – Step R back to center – Step L together

For more info about step sheet & song, please contact:

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