Solo Dance

級數: High Beginner

牆數:4 編舞者: Jo Kinser (UK) & John Kinser (UK) - May 2017

音樂: Solo Dance - Martin Jensen : (iTunes)

Start on the vocals 32 counts.

[1-8] CR ROCKING CHAIR, CROSS SAMBA, L DIAGONAL CROSSING SHUFFLE

- Rock R fwd, Recover L, Rock R back, Recover L 1-4
- 5&6 Cross R over left, Rock L to left, Step fwd R (1:30)
- 7&8 Cross L slightly over right, Step R to right, Cross L slightly over right - travelling to (1:30)

[9-16]□R SIDE – TOUCH/CLAP, L DIAGONAL SHUFFLE, SQUAT – TOUCH/CLAP, L SIDE SHUFFLE

- 1,2 Step R to right, Touch L next to right and Clap
- 3&4 Step L fwd to left diagonal (11:30), Step R next to left, Step L fwd
- Step R back to left diagonal and Squat, Touch L next to right as you come up and Clap 5,6 (12:00)
- 7&8 Step L to left, Step R next to left, Step L to left

[17-24]□R CROSS ROCK, R SIDE ROCK, BEHIND AND CROSS, L SIDE ROCK

- 1,2 Cross Rock R over, Recover L
- 3.4 Rock R to right, Recover L
- 5&6 Step R behind left, Step L to left, Step R across left
- 7,8 Rock L to left, Recover R

[25-32] AND R SIDE ROCK – R BACK ROCK, STEP 1/8 TURN L – HIP ROLLS X2

- &1.2 Step L next to right, Rock R to right, Recover L
- 3,4 Rock R back, Recover L
- Step R fwd rolling hips anti c/w 1/8th turn Left 5,6
- 7,8 Step R fwd rolling hips anti c/w 1/8th turn Left (9:00)

Note: ☐ At the end of wall 4 facing 12:00, Hold for 4 Counts or do a Rocking Chair (1-4)

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拍數: 32