Solo (zh)

拍數: 128 **牆數:** 1 **級數:** Phrased Improver
編舞者: Nina Chen (TW) - 2018年10月
音樂: Solo (feat. Demi Lovato) - Clean Bandit

Intro: 16 counts
Sequence: A, A, B, C/ A, A, B, C, D/ B, C, D(16)

PART A: 32 counts
Sec A1. FWD - TOUCH, COASTER CROSS, SIDE ROCK - RECOVER, BEHIND - 1/4 L FWD - FWD

1-2, 3&4	Step RF fwd - Touch LF fwd, Step LF back - Step RF beside LF - Cross LF over RF
5-6, 7&8	Rock RF to R - Recover on LF, Step RF behind LF - 1/4 turn L (9:00) step LF fwd - Step RF fwd
1-2, 3&4	右足前踏 - 左足前點, 左足後踏 - 右足併踏左足旁 - 左足前跨
5-6, 7&8	右足右下沉 - 重心回左足, 右足後跨 - 左轉1/4 (9:00) 左足前踏 - 右足前踏

Sec A2. SCUFF - TOGETHER, BACK WITH TOE FANS.(x4), PRESS - RECOVER

1-4	Scuff LF fwd - Step LF beside RF - Step RF back swing L toe out - Step LF back swing R toe out
5-8	Step RF back swing L toe out - Step LF back swing R toe out - Press RF to R - Recover on LF
1-4	左足前刷 - 左足併踏右足旁 - 右足後踏同時左足尖向外 - 左足後踏同時右足尖向外
5-8	右足後踏同時左足尖向外 - 左足後踏同時右足尖向外 - 右足向右下壓 - 重心回左足

Sec A3. CROSS - SIDE, CROSS SHUFFLE, 1/4 L FWD MAMBO, COASTER STEP

1-2, 3&4	Cross RF over LF - Step LF to L, Cross shuffle (R L R)
5&6,7&8	1/4 turn L (6:00) rock LF fwd - Recover on RF - Step LF back, Step LF back - Step RF beside LF- Step LF fwd
1-2, 3&4	右足前跨 - 左足左踏, 跨交換步 (右 左 右)
5&6,7&8	左轉1/4 (6:00) 左足前下沉 - 重心回右足 - 左足後踏, 右足後踏 - 左足併踏右足旁 - 右足前踏

Sec A4. FWD - PIVOT 1/2 R, ROCKING CHAIR, SIDE - TOUCH

1-4	Step LF fwd - Pivot 1/2 turn R (12:00) weight on RF - Rock LF fwd - Recover on RF
5-8	Rock LF back - Recover on RF - Step LF to L - Touch RF behind LF
1-4	左足前踏 - 向右踏轉1/2 (12:00) 重心回右足 - 左足前下沉 - 重心回右足
5-8	左足後下沉 - 重心回右足 - 左足左踏 - 右足後跨點

PART B: 32 counts
Sec B1. HIPS BUMP, CHASSE L - SLIGHTLY HITCH 1/4 L, HIPS BUMP, CHASSE L- SLIGHTLY HITCH 1/4 L

1&2, 3&4&	Step RF to R while bump hips (R L R), Step LF to L - Step RF beside LF - Step LF to L - Slightly hitch RF 1/4 turn L (9:00)
5&6, 7&8&	Step RF to R while bump hips (R L R), Step LF to L - Step RF beside LF - Step LF to L - Slightly hitch RF 1/4 turn L (6:00)
1&2, 3&4&	右足右踏同時推臀 (右 左 右), 左足左踏 - 右足併踏左足旁 - 左足左踏 - 稍微抬起右足向左轉1/4 (9:00)
5&6, 7&8&	右足右踏同時推臀 (右 左 右), 左足左踏 - 右足併踏左足旁 - 左足左踏 - 稍微抬起右足向左轉1/4 (6:00)

Sec B2. HIPS BUMP, CHASSE L - SLIGHTLY HITCH, JAZZ BOX

1&2, 3&4&	Step RF to R while bump hips (R L R), Step LF to L - Step RF beside LF - Step LF to L - Slightly hitch RF
5-8	Cross RF over LF - Step LF back - Step RF to R - Cross LF over RF

1&2, 3&4& 右足右踏同時推臀 (右 左 右), 左足左踏 - 右足併踏左足旁 - 左足左踏 - 稍微抬起右足
5-8 右足前跨 - 左足後踏 - 右足右踏 - 左足前跨

Sec B3. HIPS BUMP, CHASSE L - SLIGHTLY HITCH 1/4 L, HIPS BUMP, CHASSE L- SLIGHTLY HITCH 1/4 L
(Same as Sec B1)

1&2, 3&4& Step RF to R while bump hips (R L R), Step LF to L - Step RF beside LF - Step LF to L - Slightly hitch RF 1/4 turn L (3:00)
5&6, 7&8& Step RF to R while bump hips (R L R), Step LF to L - Step RF beside LF - Step LF to L - Slightly hitch RF 1/4 turn L (12:00)
1&2, 3&4& 右足右踏同時推臀 (右 左 右), 左足左踏 - 右足併踏左足旁 - 左足左踏 - 稍微抬起右足向左轉1/4 (3:00)
5&6, 7&8& 右足右踏同時推臀 (右 左 右), 左足左踏 - 右足併踏左足旁 - 左足左踏 - 稍微抬起右足向左轉1/4 (12:00)

Sec B4. HIPS BUMP, CHASSE L - SLIGHTLY HITCH, JAZZ BOX
(Same as Sec B2)

1&2, 3&4& Step RF to R while bump hips (R L R), Step LF to L - Step RF beside LF - Step LF to L - Slightly hitch RF
5-8 Cross RF over LF - Step LF back - Step RF to R - Cross LF over RF
1&2, 3&4& 右足右踏同時推臀 (右 左 右), 左足左踏 - 右足併踏左足旁 - 左足左踏 - 稍微抬起右足
5-8 右足前跨 - 左足後踏 - 右足右踏 - 左足前跨

PART C: 32 counts
Sec C1. HIPS BUMP, FWD - PIVOT 1/2 L, FWD - PIVOT 1/4 L

1&2, 3&4 Step RF fwd while bump hips (R L R), Step LF fwd while bump hips (L R L)
5-8 Step RF fwd - Pivot 1/2 turn L (6:00) weight on LF - Step RF fwd - Pivot 1/4 turn L (3:00) weight on LF
1&2, 3&4 右足前踏同時推臀 (右 左 右), 左足前踏同時推臀 (右 左 右)
5-8 右足前踏 - 向左踏轉1/2 (6:00) 重心回左足 - 右足前踏 - 向左踏轉1/4 (3:00) 重心回左足

Sec C2. HIPS BUMP, FWD - PIVOT 1/2 L, FWD - PIVOT 1/4 L
(Same as Sec C1)

1&2, 3&4 Step RF fwd while bump hips (R L R), Step LF fwd while bump hips (L R L)
5-8 Step Step RF fwd - Pivot 1/2 turn L (9:00) weight on LF - Step RF fwd - Pivot 1/4 turn L (6:00) weight on L
1&2, 3&4 右足前踏同時推臀 (右 左 右), 左足前踏同時推臀 (右 左 右)
5-8 右足前踏 - 向左踏轉1/2 (9:00) 重心回左足 - 右足前踏 - 向左踏轉1/4 (6:00) 重心回左足

Sec C3. HIPS BUMP, FWD - PIVOT 1/2 L, FWD - PIVOT 1/4 L
(Same as Sec C1)

1&2, 3&4 Step RF fwd while bump hips (R L R), Step LF fwd while bump hips (L R L)
5-8 Step Step RF fwd - Pivot 1/2 turn L (12:00) weight on LF - Step RF fwd - Pivot 1/4 turn L (9:00) weight on L
1&2, 3&4 右足前踏同時推臀 (右 左 右), 左足前踏同時推臀 (右 左 右)
5-8 右足前踏 - 向左踏轉1/2 (12:00) 重心回左足 - 右足前踏 - 向左踏轉1/4 (9:00) 重心回左足

Sec C4. HIPS BUMP, FWD - PIVOT 1/2 L, FWD - PIVOT 1/4 L
(Same as Sec C1)

1&2, 3&4 Step RF fwd while bump hips (R L R), Step LF fwd while bump hips (L R L)
5-8 Step Step RF fwd - Pivot 1/2 turn L (3:00) weight on LF - Step RF fwd - Pivot 1/4 turn L (12:00) weight on L
1&2, 3&4 右足前踏同時推臀 (右 左 右), 左足前踏同時推臀 (右 左 右)
5-8 右足前踏 - 向左踏轉1/2 (3:00) 重心回左足 - 右足前踏 - 向左踏轉1/4 (12:00) 重心回左足

PART D: 32 counts

Sec D1. SWAY R - SWAY L - 1/4 L SWAY R - SWAY L

1-4	Step RF to R - Sway to R - Step LF to L - Sway to L
5-8	1/4 turn L (9:00) step RF to R - Sway to R - Step LF to L - Sway to L
1-4	右足右踏 - 向右搖臀 - 左足左踏 - 向左搖臀
5-8	左轉1/4 (9:00) 右足右踏 - 向右搖臀 - 左足左踏 - 向左搖臀

Sec D2. 1/4 L SWAY R - SWAY L - FWD ROCK - RECOVER - SWAY

1-4	1/4 turn L (6:00) step RF to R - Sway to R - Step LF to L - Sway to L
5-8	Rock RF fwd - Recover on LF - Sway to R - Sway to L
1-4	左轉1/4 (6:00) 右足右踏 - 向右搖臀 - 左足左踏 - 向左搖臀
5-8	右足前下沉 - 重心回左足 - 向右搖臀 – 向左搖臀

Sec D3. SWAY R - SWAY L - 1/4 L SWAY R - SWAY L
(Same as Sec D1)

1-4	Step RF to R - Sway to R - Step LF to L - Sway to L
5-8	1/4 turn L (3:00) step RF to R - Sway to R - Step LF to L - Sway to L
1-4	右足右踏 - 向右搖臀 - 左足左踏 - 向左搖臀
5-8	左轉1/4 (3:00) 右足右踏 - 向右搖臀 - 左足左踏 - 向左搖臀

Sec D4. 1/4 L SWAY R - SWAY L - FWD ROCK - RECOVER – SWAY
(Same as Sec D2)

1-4	1/4 turn L (12:00) step RF to R - Sway to R - Step LF to L - Sway to L
5-8	Rock RF fwd - Recover on LF - Sway to R - Sway to L
1-4	左轉1/4 (12:00) 右足右踏 - 向右搖臀 - 左足左踏 - 向左搖臀
5-8	右足前下沉 - 重心回左足 - 向右搖臀 - 向左搖臀

Have Fun & Happy Dancing!

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