

SOLO NO MORE

(솔로예찬)

Description: 32 ct. 2 wall line dance Samba rhythm **Difficulty:** Intermediate

Choreographers: Michael Barr & Michele Burton **Date:** July, 2008

Suggested Music: "Praise of Solo" by Moon Sae Lee **16 ct. lead - bpm: 112**

The song is by a very talented recording star, Moon Sae Lee. This dance is presented to the Korean Line Dance Association with our deepest thanks for this wonderful honor. In celebration of the first KoLDA International event in Seoul Korea our thanks goes to Wansoon Yook and Jung Soon Ma for their dedication to dance.

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1-7 MODIFIED TWINKLES – FORWARD, SIDE, CLOSE

- 1 Step Left forward on right diagonal (*downward motion*)
- 2 & Step Right side right (*slight upward motion*); Step (*close*) Left next to right (*slight upward motion*)
- 3 Step Right forward on the left diagonal (*downward motion*)
- 4 & Step Left side left (*slight upward motion*); Step (*close*) Right next to left (*slight upward motion*)
- 5 Step Left forward in front of right (*downward motion*)
- 6 – 7 Step Right side right; Step (*close*) Left next to right (*5,6,7 is part of a Rumba box*)

Note: The twinkles resemble those in a Waltz but emphasized differently according to the count 1-2&, instead of 1-2-3.

8-16 BASIC CHA CHA CHA – SYNCOPATED HEEL & BALL & SLIDE BACK – POINT & POINT

- 8 & 1 Step Right forward; Step Left behind right heel; Step Right forward
- 2& (Rocking motion) Dig Left heel forward into floor; Return weight to Right in place
- 3& Step back on ball of Left; Return weight to Right in place
- 4& (Rocking motion) Dig Left heel forward into floor; Return weight to Right in place
- 5 - 6 Large step back on Left; Drag heel of Right towards left foot
- &7&8 Step Right next to left; Touch Left side left; Step Left next to right; Touch Right side right

Note: This set and the next two use more of the Samba beat. Find your Samba 'bounce' with these steps!

17-24 WALK ,WALK – BASIC SAMBA STEPS X 3 with 1/4 TURN RIGHT

- 1 - 2 Step Right forward; Step Left forward
- 3 a 4 Step (bounce) Right forward (*angle body right*); Return weight to Left ball in place; Step Right forward of left
- 5 a 6 Step (bounce) Left forward (*angle body left*); Return weight to ball of Right in place; Step Left forward of right
- 7 a 8 Turn ¼ right, step (bounce) Right forward; Return weight to ball of Left in place; Step Right forward of left (*3 o'clock*)

Arms: On count 3 bring right forearm eye level and touch left hand to right elbow. Alternate to left and then right on 5 and 7.

* You have seen this before, give it a try : >)

25-32 FORWARD, 1/2, BACK, BACK, 1/4, TOGETHER – STEP, POINT, KNEE POP X 2

- 1 a 2 Step Left forward; Begin ½ turn left, stepping back on Right; Step Left back crossing in front of right (*9 o'clock*)
- 3 a 4 Complete ½ turn, stepping back on Right; Turn ¼ left stepping Left side left; Step (*close*) Right next to left (*6 o'clock*)
- 5 a 6 Step Left forward with bent left knee; Touch Right side right & pop Left knee & pelvis forward (*left heel off floor*)
(6) Lower Left heel to floor
- 7 a 8 Step Right forward with bent right knee; Touch Left side left & pop Right knee & pelvis forward (*right heel off floor*)
(8) Lower Right heel to floor

Let's Dance It Again!

Note: The first 8 counts do not follow the Samba rhythm. Listen to the difference in the beat. The last two sets are written with 'a' instead of '&'. Using the 'a' gives the whole count before it more time since the 'a' is shorter in time. Using the 'a' will attempt to give an ever so slight difference to the three steps while doing a Samba. As always you must move as your body wants you to and have a good time.