

Dolor

32 Count, 2 Wall, Improver Choreographer: Micaela Svensson Erlandsson (SWE)

February 2019

Choreographed to: Ella No Podrá Decir Que Me Vió Llorar

by Rick Trevino

16 counts intro

S1

1-2& 3-4& 5&6 7&8 Restart Note	Take a long step to the right. Rock back on left. Recover onto right crossing left. Take a long step to the left. Cross right behind left. Step left to left. Cross right over left. Step left to left side. Cross right over left. Rock left to left side. Recover onto right turning ¼ right. Step forward on left. 2nd Restart here, Wall 4 (6 O'clock) Add Touch right beside left before starting over for a better dance feeling.
\$2 & 1-2& 3-4& 5 6-7& 8 Restart	& Rock Step. ½ Turn left. Rock Step. ½ Turn right. 1/1 Spiral Turn. Step. Mambo Step. Take a small step forward on ball of right foot. Rock forward on left. Recover onto right. Turn ½ left stepping forward on left. Rock forward on right. Recover onto left. Turn ½ right stepping forward on right. Full spiral turn (on your left foot) over the right shoulder hooking right foot over left. Step forward on right foot. Rock forward on left foot. Recover onto right foot. Step back on left foot. 1st Restart here, Wall 2 (9 O'clock). 3rd Restart here, Wall 6 (3 O'clock). Add Touch right beside left before starting over .
S3 & 1-2 3&4& 5-6 &7&8	Sweep. Behind. Side. Cross Rock. Side Rock. Behind. Sweep. Behind. Side. Cross Shuffle. Sweep right foot from front to back Cross right behind left. Step left to left side. Rock right across left. Recover onto left. Rock right to right side. Recover onto left. Cross right behind left & Sweep left from front to back. Step left behind right. Step right to right. Cross left over right. Step right to right side. Cross left over right.
S4 1-2 3&4 5-6 7&8	Side Rock. Cross Shuffle. ¼ Turn right Side. Cross Shuffle. Rock right to right side. Recover onto left. Cross right over left. Step left to left side. Cross right over left. Turn ¼ right stepping back on left. Step right to right side. Cross left over right. Step right to right side. Cross left over right.
Ending	Turn ½ right to face the front wall.

Basic Nightclub. Step. Behind. Side. Cross Shuffle. Left Rock ¼ Turn right. Step.





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