

SOLID SOLE

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Count: 32 **Wall:** 4 **Level:** beginner

Choreographer: William Sevone

Music: Solid by Ashford & Simpson

2X CROSS ROCK-ROCK- $\frac{1}{2}$ LEFT FORWARD SHUFFLE, (12:00)

- 1-2** Cross rock forward onto left foot, rock onto right foot
- 3&4** Turn $\frac{1}{2}$ left & step forward onto left foot, close right foot next to left, step forward onto left foot

On counts 3&4, depending on floor space or styling, you can do a $\frac{1}{2}$ left traveling (cha-cha) triple step

- 5-6** Cross rock forward onto right foot, rock onto left foot
- 7&8** Turn $\frac{1}{2}$ right & step forward on right foot, close left foot next to right, step forward on right foot

On counts 7&8, depending on floor space or styling, you can do a $\frac{1}{2}$ right traveling (cha-cha) triple step

WALK FORWARD: RIGHT-LEFT, 2X CROSS STEP-LARGE SIDE ROCK STEP-STEP, (12:00)

- 9-10** Walk forward: left foot, right foot
- 11-12** Cross step left foot over right, large rock step right foot to right side
- 13-14** Step onto left foot, cross step right foot over left
- 15-16** Large rock step left foot to left side, step onto right foot

CROSS STEP, SIDE STEP, $\frac{1}{4}$ LEFT BACKWARD TOE TOUCH, 2X FORWARD SHUFFLE, STEP FORWARD, (9:00)

- 17-18** Cross step left foot over right, step right foot to right side
- 19** Turn $\frac{1}{4}$ left & touch left toe backward
- 20&21** Step forward onto left foot, close right foot next to left, step forward onto left foot
- 22&23** Step forward onto right foot, close right foot next to right, step forward onto right foot
- 24** Step forward onto left foot

½ RIGHT BACKWARD TOE TOUCH, 2X FORWARD SHUFFLE, CROSS ROCK, ROCK, SIDE STEP, (3:00)

- 25** Turn ½ right & touch right toe backward
- 26&27** Step forward onto right foot, close right foot next to right, step forward onto right foot
- 28&29** Step forward onto left foot, close right foot next to left, step forward onto left foot
- 30** Cross rock forward onto right foot
- 31-32** Step onto left foot, step right foot to right side

Option: replace all rock forward with push steps

Option: depending on space or styling the forward shuffles in section 3 and 4 can either be standard or short stepped

REPEAT