

# Dolor

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**Count:** 32                      **Wall:** 2                      **Level:** Improver

**Choreographer:** Micaela Svensson Erlandsson, SWE, March 2019

**Music:** Ella No Podrá Decir Que Me Vió Llorar by Rick Trevino

## **Section 1: Basic Nightclub. Step. Behind. Side. Cross Shuffle. Left Rock ¼ Turn right. Step.**

- 1-2&**        Take a long step to the right. Rock back on left. Recover onto right crossing left.
- 3-4&**        Take a long step to the left. Cross right behind left. Step left to left.
- 5&6**        Cross right over left. Step left to left side. Cross right over left.
- 7&8**        Rock left to left side. Recover onto right turning ¼ right. Step forward on left.

**\*\*2nd Restart here: Wall 4 (6 O'clock)**

**Note: Add Touch right beside left before starting over for a better dance feeling.**

## **Section 2: & 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.
- 1-2&**        Rock forward on left. Recover onto right. Turn ½ left stepping forward on left.
- 3-4&**        Rock forward on right. Recover onto left. Turn ½ right stepping forward on right.
- 5**            Full spiral turn (on your left foot) over the right shoulder hooking right foot over left.
- 6-7&**        Step forward on right foot. Rock forward on left foot. Recover onto right foot.
- 8**            Step back on left foot.

**\*1st Restart here: Wall 2 (9 O'clock) Add Touch right beside left before starting over .**

**\*\*\*3rd Restart here: Wall 6 (3 O'clock) Add Touch right beside left before starting over**

## **Section 3: Sweep. Behind. Side. Cross Rock. Side Rock. Behind. Sweep. Behind. Side. Cross Shuffle.**

- &**            Sweep right foot from front to back
- 1-2**        Cross right behind left. Step left to left side.
- 3&4&**        Rock right across left. Recover onto left. Rock right to right side. Recover onto left.

**5-6** Cross right behind left & Sweep left from front to back. Step left behind right.

**&7&8** Step right to right. Cross left over right. Step right to right side. Cross left over right.

**Section 4: Side Rock. Cross Shuffle.  $\frac{1}{4}$  Turn right Side. Cross Shuffle.**

**1-2** Rock right to right side. Recover onto left .

**3&4** Cross right over left. Step left to left side. Cross right over left.

**5-6** Turn  $\frac{1}{4}$  right stepping back on left. Step right to right side.

**7&8** Cross left over right. Step right to right side. Cross left over right.

**Ending: Turn  $\frac{1}{2}$  right to face the front wall.**

**Last Update - 1st March 2019**

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