

Sofia

Choreographers: Stefanie & Roland Christian, Ulrich-von-Hutten-Str.24, 81739 München, Germany
e-mail: stefi.christian90@gmail.com

Music: Sofia by Alvaro Soler from the Album Eterno Agosto

Rhythm/Phase: CH PH V+1 (Rope Spin) (released July 2015)

Footwork: Opposite throughout, directions for M unless otherwise stated

Sequence: **Intro-ABC(1-4)-ABC- End** (fade out music at 2:30 min)

INTRO

1-4 WAIT 2 MEAS IN FCG POS;; APT POINT; TOGETHER TOUCH;

- 1-2 FCG Pos M fcg WALL and ptr ld ft free for both wt 2 meas;;
3 {**Stp apt pt;**} Stp apt L to OP fcg Pos,-, pt R ft twd ptr,-; (*W stp apt R,-,pt L to R,-;*)
4 {**Tog tch**} Stp tog R to BFLY, tch L to R; (*W Stp tg L,-, tch R to L,-;*)

Part A

1-8 ALEMANA;; ROPE SPIN;; SAND STEP; TRAVELING DOOR; SIDE WALKS; SPOT TURN;

- 1-2 {**Alemana**} Fwd L, rec R, bk & sd L / cl R, sm bk L ldng W to trn RF;
Bk R, rec L sip R / L, R to lead lady into Rope Spin raise L hnd to ld W to spiral into Rope Spin; (*W Bk R, rec L, fwd R / cl L, fwd R comm RF trn; cont RF trn undr jnd ld hnds fwd L, cont RF trn fwd R, fwd L / cl R, fwd L;*)
- 3-4 {**Rope spn**} Sd L, rec R w/ no sway, sip L / R, L;
Sd R shaping to the W w/ slight LF bdy rotation, rec L, sip R / L, R;
(*W Rope Spin begins on the last beat of the previous figure.*
There is the RF Spiral action for the Lady on left after the last step of the Alemana to end in front of man's right side moving CW arnd M fwd R, fwd L, fwd R / cl L in Latin cross, fwd R; Fwd L, fwd R, fwd L / cl R in Latin cross, fwd & sd L to end fcg M;)
- 5 {**Sand Stp**} Swv slightly to R on R ft rotate L knee inwrd to tch L toe to the instep of R ft [no wght change], swvl slightly to L on R ft rotate L knee outwrd to tch the L heel to the floor [no wght change], swv slightly to R on R ft Xif L / sd R, Xif L;
(*W Swv slightly to L on L ft rotate R knee inwrd to tch R toe to the instep of L ft [no wght change], swvl slightly to R on L ft rotate R knee outwrd to tch R heel to the floor [no wght change], swv slightly to L on L ft Xif R / sd L, Xif R;*)
- 6 {**Trav dr**} Rk sd R, rec L, Xif R /sd L, Xif R; (*W Rk sd L, rec R, Xif L /sd R, Xif L;*)
- 7 {**Sd Wlks**} Sd L, cl R, sd L / cl R, sd L; (*W Sd R, cl L, sd R / cl L, sd R;*)
- 8 {**Spt trn**} Swvl 1/4 LF on ball of Lft stp fwd R trng 1/2 LF, rec L trng 1/4 LF to fc ptr, sd R / cl L, sd R; (*W swvl 1/4 RF on ball of R ft stp fwd L trng 1/2 RF, rec R trng 1/4 RF to fc ptr, sd L / cl R, sd L;*)

- 9-17 **HNDSHK FLIRT;; SWEETHEART-TWICE TO FC;; OPEN HIP TWIST; FAN; HOCKEYSTICK;; NEW YORKER WITH SIDE CLOSE;**
- 9-10 {**Flirt**} Jn R hnds fwd L, rec R, sd L / cl R, sd L; Bk R, rec L, sd R / cl L, sd R;
*(W Rk bk R, rec L trng LF, cont trn to Vars Pos sd R / cl L, sd R;
 Rk bk L, rec R, sd L / cl R, sd L mving to her L in frnt of the M to L Vars Pos;)*
- 11-12 {**swht**} Check fwd L w/ R sd ld into contra check like action, rec R straightening bdy,
 sd L / cl R, sd L; Check fwd R w/ L sd ld into contra check like action, rec L straightening bdy,
 sd R / cl, sd R; *(W Bk R w/ L sd ld into contra check like action, rec L straightening bdy,
 sd R / cl L, sd R; Bk L w/ R sd ld into contra check like action, rec R straightening bdy,
 fwd L / cl R to L, fwd L trn ½ RF to fc ptr;)*
- 13 {**Op hip twst**} Ck fwd L, rec R, sm bk L/cl R, bk L pushing arm fwd gently to trn W
(W Rk bk R, rec L, fwd R/ fwd L, fwd R swvl 1/4 RF on R);
- 14 {**Fan**} Bk R trn bdy slightly LF, rec L, sd R/cl L, sd R to end in Fan Pos;
(W Fwd L trng LF, sd R cont LF trn, bk L / lk R in frnt of L, bk L;)
- 15-16 {**Hky stk**} Fwd L, rec R, sip L / R, L; Bk R, rec L, fwd R / cl L, fwd R ending Diag RLOD
 and WALL; *(W cl R, fwd L, fwd R / cl L, fwd R; Fwd L, fwd R trng LF to fc ptr, bk L / cl R
 bwd L on the diag;)*
- 17 {**NY w/ cl**} Swvl RF on R ft bring L ft thru w/ straight leg to a sd by sd pos,
 rec R swvl to fc ptr, sd L, cl R; *(W Swvl LF on L ft bring R ft thru w/ straight leg
 to a sd by sd pos, rec L swvl to fc ptr, sd R, cl L;)*
 ;

Part B

- 1-8 **CHASE WITH TRIPLE CHA;; CUCARACHA-TWICE;; CONT CHASE WITH TRIPLE CHA;; FINISH CHASE;;**
- 1-2 {**Chs w/ Triple Cha**} Fwd L comm ½ RF trn, rec fwd R, fwd L/ lk R in bk of L, fwd L;
 Fwd R / lk L in bk of R, fwd R, fwd L / lk R in bk of L, fwd L;
*(W Bk R, rec L, fwd R / lk L in bk of R, fwd R; Fwd L/ lk R in bk of L, fwd L,
 fwd R / lk L in bk of R, fwd R;)*
- 3-4 {**Cuca R & L**} Tandem Pos Rk sd LOD R, rec L, sip R/L, R; Rk sd RLOD L, rec R,
 sip L/R, L; *(W Rk sd RLOD L, rec R, sip L/R, L; Rk sd LOD R, rec L, sip R/L, R;)*
- 5-6 {**Cont Chs w/ Triple Cha**} Fwd R comm ½ LF trn, rec fwd L, fwd R / lk L in bk of R, fwd R;
 Fwd L/ lk R in bk of L, fwd L, fwd R / lk L in bk of R, fwd R;
*(W Fwd L comm ½ RF trn, rec fwd R, fwd L/ lk R in bk of L, fwd L;
 Fwd R / lk L in bk of R, fwd R, fwd L / lk R in bk of L, fwd L;)*
- 7-8 {**Fin Chs**} Fwd L, rec R, bk L / cl R, bk L; Bk R, rec L, fwd R / cl L, fwd R;
(W Fwd R comm ½ LF trn, rec fwd L, fwd R / cl L, fwd R; Fwd L, rec R, bk L / cl R, bk L;)
- 9-16 **DOUBLE CUBAN BREAKS;; FENCE LINE; THRU TO AIDA TO BK TRIPLE CHA;; SWITCH ROCK; CRAB WALKS;;**
- 9-10 {**Dbl Cuban brks**} XLif / rec R, sd L / rec R, XLif / rec R, sd L;
 XRif / rec L, sd R / rec L, XRif / rec L, sd R;
(W XRif / rec L, sd R / rec L, XRif / rec L, sd R; XLif / rec R, sd L / rec R, XLif / rec R, sd
- 11 {**Fnc line**} X lun thru L w/ bent knee looking twd RLOD, rec R trng to fc ptr,
 sd L / cl R, sd L; *(W X lun thru R w/ bent knee looking twd RLOD,
 rec L trng to fc ptr, sd R / cl L, sd R;)*
- 12-13 {**Aida to bk trpl cha**} Fwd R trng RF, sd L cont RF trn, bk R / lk L in frnt of R, bk R;
 Bk L / lk R in frnt of L, bk L, bk R / lk L in frnt of R, bk R; *(W Fwd L trng LF, sd R cont LF
 trn, bk L / lk R in frnt of L, bk L; Bk R / lk L in frnt of R, bk R, bk L / lk R in frnt of L, bk L;)*
- 14 {**Swch rk**} Trning LF to fc ptr sd L cking bringing jnd hnds thru, rec R, sd L / cl R, sd L;
(W Trning RF to fc ptr sd R cking bringing jned hnds thru, rec L, sd R / cl L, sd, R;)
- 15-16 {**Crb wlk**} Xif R, sd L, Xif R / sd L, Xif R; Sd L, Xif R, sd L / cl R, sd L;
(W Xif L, sd R, Xif L /sd R, Xif L; Sd R, Xif L, sd R / cl L, sd R;)

Part C

- 1-4 SPOT TURN; NEW YORKER IN 4; SHOULDER TO SHOULDER-TWICE;;**
- 1 {Spt trn} Swvl 1/4 RF on ball of R ft stp fwd L trng ½ RF, rec R trng ¼ RF to fc ptr, sd L / cl R, sd L; (*W swvl 1/4 LF on ball of L ft stp fwd R trng ½ LF, rec L trng ¼ RF to fc ptr, sd R / cl L, sd R;*)
 - 2 {NY in 4} Swvl RF on R ft bring L ft thru w/ straight leg to a sd by sd pos, rec R swvl to fc ptr, sd L, rec R; (*W Swvl LF on L ft bring R ft thru w/ straight leg to a sd by sd pos, rec L swvl to fc ptr, sd R, rec L;*)
 - 3-4 {Shldr-shldr} Fwd L to Bfly SCAR, rec R to fc, sd L / cl R, sd L; Fwd R to Bfly BJO, rec L to fc, sd R / cl L, sd R; (*W Bk R to Bfly SCAR, rec L to fc, sd R / cl L, sd R; Bk L to Bfly BJO, rec R to fc, sd L / cl R, sd L;*)
- 5-12 OPEN HIP TWIST; FAN; HOCKEYSTICK WITH TRIPLE CHA FORWARD AND BACK; ALEMANA TURN;**
- 5 {op hip twst} Ck fwd L, rec R, sm bk L/cl R, bk L pushing arm fwd gently to trn W (*W Rk bk R, rec L, fwd R/ fwd L, fwd R swvl 1/4 RF on R;*)
 - 6 {Fan } Bk R trn bdy slightly LF, rec L, sd R/cl L, sd R to end in Fan Pos; (*W Fwd L trng LF, sd R cont LF trn, bk L / lk R in frnt of L, bk L;*)
 - 7-11 {Hky stk w/ trpl Cha} Fwd L, rec R, sip L / R, L; Bk R, rec L jn R hnds, fwd R / lk L bhd R, fwd R rel R HNDSHK and join L hnds; Fwd L / lk R bhd L, fwd L rel L HNDSHK – jn R hnds, fwd R / lk L bhd R, fwd R; Fwd L, rec R, bk L / lk R in frnt of L, bk L rel R HNDSHK –jn L hnds; Bk R / lk L in frnt of R, bk R rel L HNDSHK – fn R hnds, bk L / lk R in frnt of L, bk L; (*W cl R, fwd L, fwd R / cl L, fwd R; Fwd L, fwd R trng LF to fc ptr jn R hnds, bk L / lk R in frnt of L, bk L rel R HNDSHK and join L hnds; Bk R / lk L in frnt of R, bk R rel L HNDSHK and join R hnds, bk L / lk R in frnt of L; Bk R, rec L, fwd R / lk L bhd R, fwd R rel R HNDSHK and join L hnds; Fwd L / lk R bhd L, fwd L rel L HNDSHK – jn R hnds, fwd R / lk L bhd R, fwd R;*)
 - 12 {Alemana trn} M brings jnd R hnds up to palm to palm pos indicating to the W to comm a RF trn Bk R, rec L, sd R / cl L, sd R – rel handheld and blend to BFLY Pos; (*W Comm RF trn undr jnd ld hnds fwd L, cont RF trn fwd R to fc, sd L / cl R, sd L; On stp 1 and 2 it's a 7/8 RF trn*)

End

- 1 APT POINT;**
- 1 {Stp apt} Stp apt L (*W stp apt R*) to OP fcg ptr while extending free arm to sd;

Recommended Cues:

Sequence: Intro-ABC*-ABC –End

Intro:	wait;; Apt,pt; Tog,tch;
Part A:	Alemana;; Rope Spin;; Sand Step; Traveling Door; Side Walks; Spot Trn; to HSK Flirt;; Sweetheart -2x to fc;; OP Hip Twist; Fan; Hockeystick;; NY w/sd cl;
Part B:	Chase w/triple Cha;; Cucaracha -2x;; cont. Chase w/triple Cha;; Finish Chase;; Dbl Cuban Breaks;; Fence Line; Thru to Aida to bk triple Cha;; Switch Rock; Crab Walks;;
Part C:	Spot Trn; NY in 4; Shoulder to Shoulder -2x;; * OP Hip Twist; Fan; Hockeystick w/triple Cha fwd & bk;;;;; Alemana Trn;
End:	Step Apt. (fade out music at 2:40 min)