***Sofia***

Composers : Rostislav Kučera & spol.

Music : Alvaro Soler – Sofia (Slowly 10%)

Rhythm : Cha Cha - ph V

Footwork : Opposite, directions for man(lady as noted)

Sequence : Intro - A B - Inter - A B – C - D - Ending

**Intro : FC WALL, 4 FEET APT**

Wait 2 Meas;; Slow Cross, Pt; 2x;

**{Slow Cross Point, Twice}** XLIF of R,, Pt R sd *(XRIF of L,, Pt L sd)* ; XRIF of L,, Pt L sd *(XLIF of R,, Pt R sd)* ;

to LOP FC

**A : LOP FC Wall**

**Spring Break; M Across/W Inside Trn; Fence line; UnderArm Trn;**

**{Spring Break}** Rk fwd twd Wall L, rec R, anchor Lib of R/rec R, push off R to lunge sd LOD L *(W rk bk R, rec L, fwd twd M R/cl L while swvling ¼ RF to fc LOD, push off L to sit bk on R)* to end M fcg Wall and W fcg LOD w/ld hnds jnd low while looking at ptr ; **{M Across/W Insd Turn to FC Pos}** Fwd R twd Wall stepping acrs frnt of W while trng ¼ RF to fc RLOD, sd L trng ¼ RF to fc COH while raising jnd ld hnds, chasse sd LOD R/L, R checkg sideward movement and catching W in R arm *(W fwd LOD L, fwd R trng ½ LF undr jnd ld hnds, trng ¼ LF sd L/cl R, sd L)* to FC pos w/ M fcg COH and W fcg Wall ; **{Fence Line}**  XLIF of R, rec R, sd L/cl R, sd L *(W XRIF of L, rec L, sd R/cl L, sd R)*; **{Underarm Turn}** Bk R, rec L, in place R/L, R *(W XLIF of R commence RF trn under lead hand, fwd R cont RF trn fc COH, sd L/cl R, sd L)*;

**Op Hip Twist to Fan;; Start Stop & Go into Cross Body to Wall;;**

**{OP Hip Twist Into a Fan}** Chk fwd L, rec R, small bk L/cl R, bk L pushing arm forward gently to turn W *(W rk bk R, rec L, fwd R/fwd L, fwd R swivel ¼ RF on right)* ; Bk R, rec L, small sd R/cl L, sd R slight LF rotation twd W *(W fwd L, fwd R turn ½ LF, bk L/lk Rif, bk L)* ; **{Start Stop & Go to Cross Body}** Fwd L, rec R, sd L/cl R, sd L lead W trn LF under ld hnds *(W cl R, fwd L, fwd R/XLib, fwd R quick LF trng under ld hnds fc LOD)* ; Bk R comm LF to CP, rec L cont LF trn, sd R/cl L, sd R *(W fwd L comm LF turn to CP, sd R cont LF turn, sd L/cl R, sd L)* to BFLY Wall ;

**Start Chase to Tandem Wall;; Fence line; Sweetheart;**

**{Start Chase}** Releasig hnds Fwd L trng ½ RF, rec R, fwd L/lk Rib, fwd L *(W bk R, rec L, fwd R/lk Lib, fwd R)* ; Fwd R trng ½ LF, rec L, fwd R/lk Lib, fwd R *(W fwd L trng ½ RF, rec R, fwd L/lk Rib, fwd L)* ; **{Fence line}** XLIF of R, rec R, sd L/cl R, sd L *(W XRIF of L, rec L, sd R/cl L, sd R)*; **{Sweetheart}**  XRIF of L, rec L, sd R/cl L, sd R*(W XLIB of R, rec R, sd L/cl R, sd L)*;

**Finish Chase, M double Trn to RH Shake;; Trade Places, Twice to BFLY;; Twisty Vine 4;**

**{Finish Chase}** Fwd L trng ½ RF, rec R, fwd L/lk Rib, fwd L *(W fwd R trng ½ LF, rec L, fwd R/lk Lib, fwd R)* ; Fwd R trng ½ LF, rec L, fwd R/lk Lib, fwd R *(W fwd L, rec R, bk L/lk Rif, bk L)* to RH Shake FC WALL ;

**{Trade Places, Twice}** [In r-hndshk] Rk apt L, rec R relg hnds & trng ¼ RF to fc LOD *(W trn LF)*, slide bhd W sd L/cl R reachg L hnd to W’s left forearm & slidg hnd dwn her arm, sd L trng ¼ RF *(W ¼ LF)* to L handshake ; Apt R, rec L relg hnds trng ¼ LF to fc LOD *(W trn RF),* slidg bhd W sd R/cl L reachg R hnd to W’s R forearm & slidg hnd dwn her arm, sd R trn ¼ LF *(W ¼ RF)* to BFLY WALL ;

**{Twisty Vine 4}** L sd, X RIB of L *(R Sd, L XLIF of R)* , L sd, XRIF of L *(R Sd, XLIB of R)*;

**B : BFLY - FC WALL**

**1/2 Basic, Aida; Swith Rk; Spot Trn;**

**{Half Basic}** Fwd L, rec R, sd L/cl R, sd L Trn LF *(W bk R, rec L, sd R/cl L, sd R Trn RF)* ; **{Aida}** Thru R commence RF trn, sd L cont RF trn, cont trn fc RLOD bk R/XLIF of R, bk R *(Thru L commence LF trn, sd R cont LF trn, cont trn fc RLOD bk L/XRIF of L, bk L)*; **{Switch Rk}** Swivel LF on R sd L blend Bfly, rec R, sd L/cl R, sd L *(Swivel RF on L sd R blend Bfly, rec L, sd R/cl L, sd R)*; **{Spot Trn}** XRIF of L commence LF trn, cont LF trn rec L, sd R/cl L, sd R *(XLIF of R commence RF trn, cont RF trn rec R, sd L/cl R, sd L)* ;

**Chase w Underarm Pass to Tandem Center;; Fence line; 2x;**

**{Chase w/ Underarm Pass}** Fwd L trng RF ½ keepg ld hnds jnd w/ palm upwards, rec R, fwd L/cl R, fwd L *(W bk R, rec L, fwd R/cl L, fwd R twd M’s L sd)*, -; Bk R raisg ld hnds, rec L, sd R/cl L, sd R *(W fwd L, fwd R trng ½ LF undr jnd ld hnds to fc ptr, continue trng ½ LF sd L/cl R, sd L)* to Tandem COH, -; **{Fence Line, Twice}** XLIF of R, rec R, sd L/cl R, sd L *(W XRIF of L, rec L, sd R/cl L, sd R)*; XRIF of L, rec L, sd R/cl L, sd R*(W XLIF of R, rec R, sd L/cl R, sd L)*;

**Double Cuban Break; Single Cuban Break 4x;; Spot Trn in 3;**

**{Double Cuban Break}**  XLIF of R/rec R, sd L/rec R, XLIF of R/rec R, sd L *(W XRIF of L/rec L, sd R/ rec L, XRIF of L/rec L, sd R)*; **{Single Cuban Break 4 Times}**  XRIF of L/rec L, sd R, XLIF of R/rec R, sd L, *(W XLIF of R/rec R, sd L, XRIF of L/rec L, sd R )*; Repeate last Meas ; **{Spot Trn in 3}**  XRIF of L commence LF trn, cont LF trn rec L, sd R *(XLIF of R commence RF trn, cont RF trn rec R, sd L)* ;

**Finish Chase to Cross Body to FC WL;; to Rew Circle Away Cha, Twice to FC;;**

**{Finish Chase}** Fwd L, rec R, bk L/cl R, trng ¼ LF sd & fwd L *(W fwd R trng ½ LF, rec L, fwd R/lk Lib, fwd R)* ; **{Cross Body to FC WL}** Bk R, rec L trng ¼ LF, fwd R/cl L, fwd R trng ¼ RF *(W fwd L, fwd R trng ½ LF, bk L/lk Rif, sd & fwd L trng* ¼ *LF)* to LOP RLOD ;

**{Circle Away Cha, Twice to FC}** Fwd L continued trng ¼ RF, fwd R, fwd L/lk Rib, fwd L *(W fwd R trng* ¼ *LF, rec L, fwd R/lk Lib, fwd R)* ; Fwd R continued trng ¼ RF, fwd L, fwd R/lk Lib, fwd R trng ¼ RF *(W fwd L trng* ¼ *LF, rec R, fwd L/lk Rib, fwd L trng* ¼ *LF)* to FC 8 feet Apt ;

**Interlude : FC WALL, 8 FEET APT**

**Slow Cross, Pt, 4x to BFLY ;;;;**

Repeat meas 3,4 Intro, to LOP FC ; ; Twice , to LOP FC ; ;

**C : FC WALL, 8 FEET APT**

**Slow Cross, Pt, 4x to RH Shake ;;;; RUMBA**

Repeat meas 1-4 Interlude ; ; ; ; to RH Shake FC Wall

**Trade Places 3x;;; W Twirl to FC RH Shake;**

**{Trade Places, 3 Times}** Rk Apt L, rec R trng ¼ RF, sd L Trn RF *(W Rk Apt R, rec L trng* ¼ *LF, sd R Trn LF)* to LH Shake; Rk Apt R, rec L trng ¼ LF, sd R Trn LF *(W Rk Apt L, rec R trng* ¼ *RF, sd L Trn RF)* to RH Shake; Rk Apt L, rec R trng ¼ RF, fwd L *(W Rk Apt R, rec L trng* ¼ *LF, sd R Trn LF trng* ¼ *LF)* ; **{W Twirl to FC, RH Shake}** Fwd R lead W to LF trn under R hands, fwd L, fwd & sd R *(W fwd L trng* ¼ *LF under R hands, fwd R trng ½ LF under R hands, sd L)* to RH Shake FC Center ;

**Shadow Bk Break to OP (REW); Parallel Breaks;; Whip W to FC Wall;**

**{Shadow Bk Break}**  L Bk LF trn, rec R, fwd L *(Bk R RF trn, LF trn rec L, fwd R) to OP Rew RH Shake* ;

**{Parallel Breaks}** R Bk , rec L, fwd R *(Fwd L LF* ¼ *trn, fwd R LF* ¼ *trn, fwd & sd L) to LOP Rew RH Shake* ; L fwd ¼ LF trn, fwd R ¼ LF trn, fwd L *(Rk Bk R, rec L, fwd R) to OP Rew RH Shake* ; **{Whip W to FW}** R Bk , rec L, fwd R trn ¼ LF *(Fwd L LF* ¼ *trn, fwd R ½ LF trn, fwd & sd L) to BFLY FC Wall* ;

**D : BFLY - FC WALL – Rumba**

**Chase w Underarm Pass to Tandem Center;; Sweetheart; Twice;**

**{Chase w/ Underarm Pass}** Fwd L trng RF ½ keepg ld hnds jnd w/ palm upwards, rec R, fwd L *(W bk R, rec L, fwd R twd M’s L sd)*, -; Bk R raisg ld hnds, rec L, sd R *(W fwd L, fwd R trng ½ LF undr jnd ld hnds to fc ptr, continue trng ½ LF sd L)* to Tandem COH, -; **{Sweetheart 2 times}** XLIF of R, rec R, sd L *(W XRIB of L, rec L, sd R)*; XRIF of L, rec L, sd R*(W XLIB of R, rec R, sd L)*;

**Finish Chase to Cross Body to FC WL;; Spot Trn; 2x;**

**{Finish Chase}** Fwd L, rec R, trng ¼ LF bk & sd L *(W fwd R trng ½ LF, rec L, fwd R)* ; **{Cross Body to FC WL}** Bk R, rec L trng ¼ LF, fwd R *(W fwd L, fwd R trng ½ LF, bk L)* to LOFP FC Wall ; **{Spot Trn}** XLIF of R commence RF trn, cont RF trn rec R, sd L *(XRIF of L commence LF trn, cont LF trn rec L, sd R)* ; **{Spot Trn}** XRIF of L commence LF trn, cont LF trn rec L, sd R *(XLIF of R commence RF trn, cont RF trn rec R, sd L)* ;

**Ending : BFLY - FC WALL - Cha**

**1/2 Basic, Aida; Swith Rk; Spot Trn;**

**Chase w Underarm Pass to Tandem Center;; Fence Line; Twice;**

**Double Cuban Break; Single Cuban Break 4x;; Spot Trn in 3;**

**Finish Chase to Cross Body to FC WL;; Spot Trn; 2x;**

Repeat 1-14 Meas Part B ;;;;;;;;;;;;;;

**{Spot Trn}** XLIF of R commence RF trn, cont RF trn rec R, sd L/cl R, sd L *(XRIF of L commence LF trn, cont LF trn rec L, sd R/cl L, sd R)* ; **{Spot Trn}** XRIF of L commence LF trn, cont LF trn rec L, sd R/cl L, sd R *(XLIF of R commence RF trn, cont RF trn rec R, sd L/cl R, sd L)* ;

**{Step Apt & Hold}** Step L Apart to OP LOD L Hnd Up *(Step R Apart to OP LOD R Hnd Up)*

**Seq.: Intro - A B - Inter - A B - C - D - Ending**