# **Bailemos Lento**

**Count: 32** 

Ebene: Improver

Choreograf/in: José María Tomé (ES) - May 2024 Musik: Lento - Daniel Santacruz

#### This choreo has INTRO and 2 TAGS+RESTARTS.

#### #16 counts INTRO after "one, two, three, four"

#### (01-08) (R/L): 2X STEP IN PLACE, 2X: STEP IN PLACE. SIDE

- 1 2 (1) RF Step beside LF, (2) LF Step in place 3&4 (3) RF Step in place, (&) LF Step in place, (4) RF Small Step to R
- 5 6 (5) LF Step beside RF, (6) RF Step in place
- 7 & 8 (7) LF Step in place, (&) RF Step in place, (8) LF Small Step to L

#### (09-16) REPEAT (01-08) STEPS

#### **CHOREO STEPS:**

# (01-09) SIDE, CROSS ROCK, LEFT CHASSÉ, ¼ R ROCK BACK, ¼ L RIGHT CHASSÉ

- 1 2 3(1) RF Step to R, (2) LF Cross over RF, (3) Recover on RF
- 4 & 5 (4) LF Step to L, (&) RF Step beside LF, (5) LF Step to L
- 6 7 (6) 1/4 Turn R and RF Step back, facing [3:00], (7) Recover on LF
- (8) <sup>1</sup>⁄<sub>4</sub> Turn L and RF Step to R, facing [12:00], (&) LF Step beside RF, (1) RF Step to R 8&1

# (10-18) ¼ L ROCK BACK, SHUFFLE FWD, CROSS, SIDE, BEHIND, BEHIND, SIDE, CROSS

- 2 3(2) <sup>1</sup>/<sub>4</sub> Turn L and LF Step back, facing [9:00], (3) Recover on RF
- 4 & 5 (4) LF Step forward, (&) RF Step behind LF, (5) LF Step forward, (\* TAG1 on 4th wall)
- (6) RF Cross over LF, (&) LF Step to L, (7) RF Cross behind LF 6&7
- 8&1 (8) LF Cross behind RF, (&) RF Step to R, (1) LF Cross over RF

# (19-25) 1/8 L ROCKING CHAIR, ROCK, 1/8 R SIDE, CROSS, SIDE, BEHIND, BEHIND, 1/4 L SIDE, STEP FWD

- 2&3& (2) 1/8 Turn L and RF Rock fwd, facing [7:30], (&) Recover on LF, (3) RF Rock back, (&) Recover on LF
- 4 & 5 (4) RF Rock fwd, (&) Recover on LF, (5) <sup>1</sup>/<sub>8</sub> Turn R and RF Step to R, facing [9:00]
- 6&7 (6) LF Cross over RF, (&) RF Step to R, (7) LF Step back behind RF
- 8&1 (8) RF Step back behind LF, (&) <sup>1</sup>/<sub>4</sub> Turn L and LF Step to L, facing [6:00], (1) RF Step fwd in front of LF

# (\*\* TAG2 on 8th wall)

# (26-32) ROCK, 3% L SAILOR HEEL, BALL STEP, 1/2 L PIVOT, STEP FWD, 1/8 R TOGETHER

- 2 3 (2) LF Rock forward, (3) Recover RF
- 4 & 5 (4) % Turn L and LF Step behind RF, facing [1:30], (&) RF Small Step close to LF, (5) LF Heel to ground
- & 6 7 (&) LF Ball to ground, (6) RF Step forward, (7) ½ Pivot L, facing [7:30]
- 8 & (8) RF Step forward, (&) 1/8 Turn R and LF Step together RF, facing [9:00]

#### AND START AGAIN

#### (\*)TAG1: On 4th wall, after 13 counts and facing [12:00]: ¼ L ROCKING CHAIR, ROCK, ¼ R SIDE:

- 1&2& (1) <sup>1</sup>/<sub>8</sub> Turn L and RF Rock fwd, facing [10:30], (&) Recover on LF, (2) RF Rock back, (&) Recover on LF
- 3& (3) RF Rock fwd, (&) 1/8 Turn R and Recover on LF, facing [12:00], and RESTART.

# (\*\*)TAG2: On 8th wall, after 25 counts and facing [9:00]: LEFT MAMBO STEP, 2X STEPS IN SITE:







Wand: 4

- 1 & 2 (1) LF Side Rock to L, (&) Recover on RF, (2) LF Step beside RF
- 3 & (3) RF Step in site, (&) LF Step in site, and RESTART.

ENJOY IT!! josemtome@telefonica.net