

Kizomba Ay vamos

Compte: 64

Mur: 2

Niveau: Easy Intermediate

Chorégraphe: Angels Guix (ES) - April 2015

Musique: Ay Vamos - J Balvin : (Single)



Alt. music: Sexy by C4 pedro, Lil Saint & Rei Helder, CD: Kizomba Mix 5, length: 4:09 (86 bpm)

[1-8] STEP TOUCH x4 with ¼ turn right

- 1,2 Step RF to right, touch LF together
- 3,4 Step LF to left, touch RF together
- 5,6 ¼ turn right and step RF to right, touch LF together
- 7,8 Step LF to left, touch RF together

[9-16] KIZOMBA BASIC BACK, KIZOMBA BASIC FORWARD, STEP BACK, STEP TOGETHER

- 1,2,3 Step RF back, step LF back, touch RF back
- 4,5,6 Step RF forward, step LF forward, touch RF forward
- 7,8 Step RF back, step LF together

[17-24] CROSS SAMBA, KIZOMBA BASIC BACKWARD, ¼ TURN RIGHT and STEP TOGETHER

- 1&2 Cross RF over LF, step LF behind RF, cross RF over LF
- &3& Step LF behind RF, cross RF over LF, step LF behind RF
- 4,5,6 Step RF back, step LF back, touch RF back
- 7,8 ¼ turn right and step RF forward, step LF together

[25-32] PIVOT ½ TURN, ¾ TURN LEFT, STEP TOUCH, KIZOMBA BASIC BACK

- 1,2 Step RF forward, ½ turn left and step on LF
- 3,4 Step RF forward and ¾ turn left, step LF to left
- 5 Touch RF together
- 6,7,8 Step RF back, step LF back, touch RF back

[33-40] WALK x4, little SHUFFLE FORWARD x2

- 1-4 Walk four steps forward (RF, LF, RF, LF)
- 5&6 Step RF slightly forward, step LF together, step RF slightly forward
- 7&8 Step LF slightly forward, step RF together, step LF slightly forward

[41-48] STEP BACKWARD x2, CROSS ROKING CHAIR with ¼ turn right

- 1,2 Step RF back, step LF back
- 3&4 Cross rock RF over LF, recover on LF, rock RF to right
- &5&6 Recover on LF, cross rock RF over LF, recover on LF, ¼ turn right and step RF forward
- 7,8 Step LF together, tap RF together

[49-56] ROCKING CHAIR travelling a little to right, ¼ PIVOT TURN x2

- 1&2& Rock RF forward, recover on LF, rock RF backward, recover on LF
(travel a little to right while doing this rocking chair movement)
- 3&4& Rock RF forward, recover on LF, rock RF backward, recover on LF
(travel a little to right while doing this rocking chair movement)
- 5,6 Step RF forward, ¼ turn left and step on LF
- 7,8 Step RF forward, ¼ turn left and step on LF

[57-64] ROCKING CHAIR travelling a little to right, ¼ PIVOT TURN x2

- 1&2& Rock RF forward, recover on LF, rock RF backward, recover on LF
(travel a little to right while doing this rocking chair movement)
- 3&4& Rock RF forward, recover on LF, rock RF backward, recover on LF

(travel a little to right while doing this rocking chair movement)

5,6 Step RF forward, ¼ turn left and step on LF

7,8 Step RF forward, ¼ turn left and step on LF

Start again

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