

Bailando Suave

Compte: 48

Mur: 4

Niveau: Intermediate/Advanced



Chorégraphe: Shaz Walton (UK)

Musique: Beautiful Liar - Beyoncé

TOUCH, HITCH, TOUCH, HITCH, POINT, BALL CROSS, STEP, ROLL ¼, SIDE, BEHIND, CROSS

- 1&2 Touch left forward, hitch left, touch left to left side
&3&4 Hitch left, touch left to left side, step left beside right, cross right over left
5-6 Step left to left side, roll right knee to the right as you make ¼ turn right, (weight on right)
7&8 Step left to left side, cross step right behind left, cross step left over right, (keep up upper body facing left, look left)

SIDE, BEHIND, ¼, ¼ ROCK RECOVER, SIDE, TOGETHER, TOGETHER, SIDE, BEHIND, SIDE, CROSS

- 1-2& Step right to right side, cross step left behind right, make ¼ right stepping right forward
3-4& Make ¼ right stepping left to left side, rock back on right, recover on left
5-6& Step right to right side, step left beside right, step right beside left (use your Cuban hip motion here)
7&8& Step left to left side, cross right behind left, step left to left side, cross step right over left

TOUCH, ¼ FLICK, CROSS, HOLD, STEP OUT, OUT, BUMP X3, ROCK, RECOVER, CHASSE RIGHT

- 1&2 Touch left beside right, make ¼ turn right as you flick left to left side, cross step left over right
3&4 Hold, step right to right side, step left to left side
&5& Bump hips- left- right- left
6&7&8 Rock back right, recover left, step right to right side, step left beside right, step right to right side

CROSS ROCK, RECOVER, SIDE, TOGETHER, SIDE TOGETHER, ¼, TOGETHER, (EXTENDED CHASSE) STEP, SPIN, STEP, MAMBO STEP

- 1& Cross rock left over right, recover on right
2&3& (Using hips) step left to left side, step right beside left, step left to left side, step right beside left
4& Make ¼ turn left stepping left forward, step right beside left
5-6 Step left forward, on ball of left foot spin ½ turn left stepping forward right
7&8 Rock forward on left, recover on right, step back on left

Restart here on walls 2 and 4. Replace back on left with a touch left beside right

STEP, SHUFFLE, ¾ SAILOR TURN RIGHT, STEP, HIP CIRCLE, STEP, HIP CIRCLE

- &1&2 Step right beside left, step left forward, step right beside left, step left forward
3&4 Make ¼ right stepping back right, make ½ right stepping left to left side, cross step right over left
&5-6 Step left to left, step right beside left circling hips to the left, complete hip circle
&7-8 Step left to left, step right beside left circling hips to the left, complete hip circle, (weight ends on right)

STEP, CROSS ROCK, RECOVER, SIDE, BRUSH, RONDE, KICK, BALL, CROSS, UNWIND, MAMBO TOUCH, HITCH

- &1&2 Step left beside right, cross rock right over left, recover on left, step right to right side
3-4 Brush left foot across right & hitch, swing left leg out & low kick to left
&5-6 Step left beside right, cross step right over left, unwind ¾ turn left
7&8& Rock back on left, recover on right, touch left beside right, hitch left leg

REPEAT

RESTART

On 2nd & 4th walls dance up to count 32 replacing the last mambo step with a left mambo touch touching left beside right and the restart the dance from beginning
