

Bailando

拍数: 48 墙数: 4 级数: Intermediate
编舞者: Carol Larocque (CAN) - August 2014
音乐: Bailando (feat. Sean Paul, Descemer Bueno & Gente de Zona) (English Version)
- Enrique Iglesias : (Album: Sex and Love, Deluxe Edition - iTunes)



Intro: 40 counts

Mambo R Side, HOLD, Mambo L Side, HOLD

1,2,3,4 Rock R to R side, recover on L, step on R, HOLD
5,6,7,8 Rock L to L side, recover on R, step on L, HOLD

R Step-Lock-Step, HOLD, L Step ¼ turn R and cross, HOLD

1,2,3,4 R step-lock-step, HOLD
5,6,7,8 Step L forward, turn ¼ R as you step R to R side, cross L over R, HOLD □ 3:00

Syncopated Weave R, Rock L Back, Recover; Syncopated Weave L, Rock R Back, Recover

1&2&3,4& Step R to R side, step L behind R, step R to R side, step L over R, step R to R side, Rock L
back, recover R
5&6&7,8& Step L to L side, step R behind L, step L to L side, step R over L, step L to L side, rock R
back, recover L □ 3:00

RESTART HERE: Wall 5. You will be facing 3:00 to Restart.

R Rumba Box Forward, HOLD, L Rumba Box Back, HOLD

1,2,3,4 Step R to R side, step L together, step R forward, HOLD
5,6,7,8 Step L to L side, step R together, step L back, HOLD □ 3:00

R Sailor ¼ turn, L Coaster, R Ball Step, Cross L Over R, ¼ L Turn Back, L ½ Turn Triple Forward

1&2 Cross R behind L stepping on R with ¼ turn R(1), step L (&), Step R(2); □ 6:00
3&4 L step back (3), R step back beside L (&), L step forward (4)
&5,6 R ball step (&), cross L over R (5), L ¼ stepping back on R (6) 3:00
7&8 L ½ turn with triple step (L-R-L) 9:00

R Mambo Forward, HOLD, L Mambo Back With ½ Turn R, HOLD

1,2,3,4 Rock R forward (1), recover L in place(2), step R beside L (3), HOLD (4)
5,6,7,8 Rock L back(5), recover R in place(6), ½ turn R stepping on L(7), HOLD(8) 3:00

Begin Again and Enjoy!

Restart: Wall 5 (Start at 12:00, Restart at 3:00) – Dance first 24 counts, and RESTART

Ending: Wall 11: 3rd time at 6:00 wall: Dance 24 counts, turn ¼ R stepping on R foot, to face 12:00, and pose

Contact: dancinfeetinmotion@gmail.com □ □ □ □ □ □ □ □ □ □