

Bailando 2014

COPPERKNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Wendy Loh (MY) - October 2014
音乐: Bailando by Enrique Iglesias



Dance starts after 2x8 counts from beginning of music, do Intro

INTRO (4x8)

Intro Section 1 : Right Mambo, Left Mambo (2X)

1&2 Rock RF to side, Recover on LF, Step RF together
3&4 Rock LF to side, Recover on RF, Step LF together
5&6 Repeat 1&2
7&8 Repeat 3&4

Intro Section 2 : Forward Right Mambo, Forward Left Mambo (2X)

1&2 Rock RF forward, Recover on LF, Step RF together
3&4 Rock LF forward, Recover on RF, Step LF together
5&6 Repeat 1&2
7&8 Repeat 3&4

Intro Section 3 : Repeat Intro Section 1

Intro Section 4 : Repeat Intro Section 2

DANCE (4x8)

Section 1 : R Heel Grind, Recover, Rock Back, Recover, R Side Rock, Cross, L Side Chasse, R Kick Ball Change

1& Grind R heel forward & fan toes quickly from right to left, Recover on LF (&)
2& Rock RF back, Recover on LF

(Easier Option : 1&2& Right Rocking Chair)

3&4 Rock RF to side, Recover on LF, Cross RF over LF
5&6 Step LF to side, Step RF together, Step LF to side
7&8 Kick RF forward, Ball Step on RF in place, Step LF beside RF & pop R knee (12:00)

Section 2 : Toe Struts with a ¼ R Turn, R Side Rock Recover, Touch, Pivot ½ L

1& Touch R toe forward, Step RF in place,
2& Touch L toe forward, Step LF in place
3& Turn ¼ R & Touch R toe forward, Step RF in place (3:00)
4& Touch L toe forward, Step LF in place
5&6 Rock RF to side, Recover on LF, Touch RF beside LF
7&8 Step RF forward, Turn ½ L weight on LF, Step RF forward (9:00)

Section 3 : L Lock Step Forward, ¼ L Side Rock, Cross, Half Rumba Step

1& Step LF forward, Lock RF behind LF
2&3& Repeat 1&
4 Step LF forward
5&6 Turn ¼ L & Rock RF to side, Recover on LF, Cross RF over LF (6:00)
7&8 Step LF to side, Step RF together, Step LF forward

Section 4 : Half Rumba Step, Shuffle with a ¼ L Turn, Right Samba, Step, Touch, Heel, Touch

1&2 Step RF to side, Step LF together, Step RF back
3&4 Step LF to side, Step RF together, Turn ¼ L & Step LF forward (3:00)
5&6 Cross RF over LF, Rock LF to side, Recover on RF
7&8& Step LF forward, Touch RF beside LF, Touch R heel beside LF, Touch RF beside LF

TAG/RESTART

At Wall 5, dance Section 1 and 2 but end with a 1/4L turn to Restart dance at 12:00 wall

7&8 Step RF forward, Turn ¼ L weight on LF, Touch RF beside LF

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