

Danca Kizomba

拍数: 64 墙数: 2 级数: Intermediate
编舞者: Roosamekto Mamek (INA) - February 2014
音乐: Dança Kizomba - Stony



Intro: 32 count from the first beat (or 16 count from the hard beat) approximately 0:21 sec.

Choreographer's Note: As this is not a Bachata dance, please Do Not bump hips on the "TOUCH". It's more to swag/sway, let the music tells you when to moves and when to stop/freeze.

S1: FORWARD DIAGONAL RIGHT, TOUCH, BACK DIAGONAL LEFT, TOUCH, SIDE MAMBO, FORWARD DIAGONAL LEFT, TOUCH, BACK DIAGONAL RIGHT, TOUCH, SIDE MAMBO

1&2& Step R forward to diagonally right – Touch L beside R – Step L back diagonally left – Touch R beside L (12:00)
3&4 Rock R to side – Recover on L – Step R together
5&6& Step L forward to diagonally left – Touch R beside L – Step R back diagonally right – Touch L beside R (12:00)
7&8 Rock L to side – Recover on R – Step L together

S2: FORWARD, TOGETHER, BEND KNEES, BODY ROLL, COASTER STEP, BACK SHUFFLE

1&2& Step R forward – Step L together – Bend both knees – Roll body from bottom/knees to upper body
3&4& Step R forward – Step L together – Bend both knees – Roll body from bottom/knees to upper body
5&6 Step R forward – Step L together – Step R back
7&8 Step L back – Step R together – Step L back (12:00)

S3: WALK BACK R-L, BEHIND, SIDE, CROSS, SIDE ROCK, RECOVER, SIDE MAMBO WITH TOUCH

1-2 Step R back – Step L back
3&4 Cross R behind L – Step L to side – Cross R over L
5-6 Rock L to side – Recover on R
7&8 Rock L to side – Recover on R – Touch L beside R (12:00)

S4: MAMBO 1/4 TURN RIGHT WITH TOUCH, MAMBO 1/4 TURN RIGHT, SIDE CHASSE RIGHT & LEFT

1&2 Rock L forward – Recover on R make a ¼ turn right – Touch L beside R (03:00)
3&4 Rock L forward – Recover on R make a ¼ turn right – Step L together (06:00)
5&6 Step R to side – Step L together – Step R to side
7&8 Step L to side – Step R together – Step L to side

S5: TURN 1/2 LEFT, TURN 1/2 RIGHT, SIDE TOUCH R&L, SIDE TOUCH MAKE A 1/4 TURN LEFT (2X)

1&2 Turn ¼ left step R back – Turn ¼ left step L to side – Touch R beside L (12:00)
3&4 Turn ¼ right step R forward – Turn ¼ right step L to side – Touch R beside L (06:00)
5&6& Step R to side – Touch L beside R – Step L to side – Touch R beside L
7&8& Turn ¼ left step R to side – Touch L beside R – Turn ¼ left step L to side – Touch R beside L (12:00)

S6: SIDE ROCK, RECOVER, FORWARD, PADDLE TURN 1/4 LEFT (2X), FORWARD MAMBO WITH TOUCH

1&2 Rock R to side – Recover on L – Step R forward
3&4 Rock L to side – Recover on R – Step L forward
5&6& Step R forward – Turn ¼ left – Step R forward – Turn ¼ left (06:00)
7&8 Rock R forward – Recover on L – Touch R beside L

S7: DIAGONAL TOUCH, STEP BESIDE, MAMBO CROSS, HINGED 1/4 TURN RIGHT

- 1-2 Touch R diagonally forward right – Step R beside L
3-4 Touch L diagonally forward left – Step L beside R
5&6 Rock R to side – Recover on L – Cross R over L
7&8 Turn ¼ right step L back – Step R to side – Step L together (09:00)

S8: SIDE, TOUCH, SIDE TURN 1/4 RIGHT, TOUCH, SIDE, TOUCH

- 1-2 Step R to side – Touch L beside R
3-4 Step L to side – Touch R beside L
5-6 Turn ¼ left step R to side – Touch L beside R
7-8 Step L to side – Touch R beside L (06:00)

REPEAT

TAG & RESTARTS: On wall 2 & 4 after 32 count (facing 12:00).

Do this 4 count TAG, then Start the dance from the beginning

HIPS BUMPS

- 1&2 Bump hips to right – Bump hips to left – Bump hips to right
3&4 Bump hips to left – Bump hips to right – Bump hips to left

For Song & Step Sheet please contact: Roosamekto.Nugroho@gmail.com
