

# Lento

拍数: 32      墙数: 4      级数: Advanced Beginner  
编舞者: Flora Lau (MY) - June 2015  
音乐: Lento - Daniel Santacruz



Intro: 32 counts (start on vocal)

**Section 1: Side, Back Rock, Side, Behind Side ½ turn R, Side, Behind Side Cross, Side, Recover, Cross**

- 1            Step L to L side
- 2 & 3        Rock R behind L, recover onto L, step R to R side
- 4 & 5        Step left behind right, step right to right, ½ turn R Stepping L to L side (6 o'clock)
- 6 & 7        Step R behind L, L to L side, Cross R over L
- 8 & 1        Step R to R side, Recover on L, Cross R over L

**Section 2: ¼ R, Shuffle Forward, ½ R Shuffle Back, Rock Back, Recover, Kick Ball Change**

- 2 & 3        ¼ turn R stepping R forward, L behind R, R forward (9 o'clock)
- 4 & 5        ¼ turn R stepping L to L side, ¼ R stepping R back, Step L to L side (3 o'clock)
- 6 7         Rock back on R, Recover on L
- 8 & 1        Kick R forward, Step Back on R, Step forward on L

**Section 3: Travelling Botafogo forward 2X, R Cha Cha Forward, ½ Turn L, L Cha Cha Forward**

- 2 & 3        Cross R over L, L to L side, Recover on R (moving forward)
- 4 & 5        Cross L over R, R to R side, Recover on L (moving forward)
- 6 & 7        Step R forward, L behind R, R forward
- 8 & 1        ½ turn to L stepping L forward, R behind L, L forward (9 o'clock)

**Section 4: R CROSS ROCK & RECOVER, R SIDE (MOVING FORWARD), L CROSS ROCK & RECOVER, L SIDE (MOVING FORWARD), SWAY, FULL TURN L**

- 2 & 3        Rock R over L, Recover on L, R to R side
- 4 & 5        Rock L over R, Recover on R, L to L side
- 6 7         Sway R to R side, ¼ turn L stepping L forward (6 o'clock)
- 8 &         ¼ turn L stepping R to R side, ½ turn L sweeping L from front to back (while making a ½ turn to L) (9 o'clock)

**\*1st Tag/Restart**

~4th wall (3 O'clock) Dance up to 17 counts, Restart facing 6 O'clock

**Section 2: □ (8 counts - slight change on the last count)**

- 8 & 1        Kick R forward, Step Back on R, Step L to L side

**\*\*2nd Tag/Restart**

~8th Wall (9 O'clock) Dance up to 28 ½ counts, Restart facing 6 O'clock

**Section 4: □**

- 2 & 3        Rock R over L, Recover on L, R to R side
- 4 &         Rock L over R, Recover on R

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