

Bailando Kizomba

COPPERKNOB
STEPSHEETS

拍数: 64 墙数: 1 级数: Improver
编舞者: Roosamekto Mamek (INA) - May 2016
音乐: Bailando (feat. Sean Paul, Descemer Bueno & Gente de Zona) (Matoma Remix)
- Enrique Iglesias



Intro: 64 Counts

Choreographer's note: Use a smooth HIPS SWAY in the TOUCH.

S1: WALK FORWARD R-L, SIDE STEP, TOUCH, WALK BACK L-R, SIDE STEP, TOUCH

1-4 Step R forward – Step L forward – Step R to side – Touch L beside R

5-8 Step L back – Step R back – Step L to side – Touch R beside L

S2: SIDE STEP, TOUCH

1-4 Step R to side – Touch L beside R – Step L to side – Touch R beside L

5-8 Step R to side – Touch L beside R – Step L to side – Touch R beside L

S3: WALK BACK R-L-R, TOUCH, WALK FORWARD L-R-L, TOUCH

1-4 Step R back – Step L back – Step R back – Touch L beside R

5-8 Step L forward – Step R forward – Step L forward – Touch R beside L

S4: SYNCOPATED SIDE CHASSE (R – L)

1&2& Step R to side – Step L together – Step R to side – Step L together

3&4 Step R to side – Step L together – Step R to side

5&6& Step L to side – Step R together – Step L to side – Step R together

7&8 Step L to side – Step R together – Step L to side

Restart happens here on wall 4

S5: R SIDE MAMBO, L SIDE MAMBO, FORWARD MAMBO, BACK MAMBO

1&2 Rock R to side – Recover on L – Step R together

3&4 Rock L to side – Recover on R – Step L together

5&6 Rock R forward – Recover on L – Step R together

7&8 Rock L back – Recover on R – Step L together

S6: JAZZ BOX

1-4 Cross R over L – Step L back – Step R to side – Step L forward

5-8 Cross R over L – Step L back – Step R to side – Step L forward

S7: SIDE MAMBO, L SIDE MAMBO, FORWARD MAMBO, BACK MAMBO

1&2 Rock R to side – Recover on L – Step R together

3&4 Rock L to side – Recover on R – Step L together

5&6 Rock R forward – Recover on L – Step R together

7&8 Rock L back – Recover on R – Step L together

S8: V STEPS

1-4 Step R diagonal forward – Step L diagonal forward – Step R back to center – Step L together

5-8 Step R diagonal forward – Step L diagonal forward – Step R back to center – Step L together

REPEAT

RESTART: On wall 4 after 32 counts (S. 4)

TAG & RESTART: On wall 2 & 6 after 32 count (S. 4). Do these 4 counts TAG and start dance from the

beginning.

STEP, HIPS SWAY (R-L)

1-4 Step R beside L – Sway hips to right – Step L in place – Sway hips to left

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