

Bailando (No Stress)

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Michael O'Shea (IRE) - June 2016
音乐: Bailando (feat. Sean Paul, Descemer Bueno & Gente de Zona) (English Version)
- Enrique Iglesias



#32 count Intro

Mambo Fwd & Back Rock 1/2 Turn, 1/2 Turn, Rock & Back & Back

1&2& Rock right foot fwd, replace weight to left, step back right, close left to right (&)
3&4 rock back right, replace weight to left, turn 1/2 turn left stepping back onto right foot
5 turning 1/2 turn left step forward left
6& rock fwd right, replace weight to left
7&8 step back right, close left to right, step back right (6:00)

Coaster Cross, Side Rock Cross, Side Rock, Cross, Back, Side, Touch, Side

1&2 step back left, close right to left, step left across right
3&4 rock right to right side, replace weight to left, cross right over left
5& rock left to left diagonal, replace weight to right
6&7 cross left over right, step back right, step left to left side
&8 touch right beside left, step right to right side

Back Rock, Side, Back, Rock, 1/4 Turn, Pivot Full Turn, 1/4 Side, Cross &

1-2& rock back left, replace weight to right, step left to left side
3-4& rock back right, replace weight to left, step right 1/4 turn right
5&6 step fwd left, pivot 1/2 turn right, step left back 1/2 turn right (completes a full turn)
7 step right 1/4 turn right to right side
8& cross left over right, step right to right side

Cross, Side, Chasse 1/4 Turn, Kick Ball Side Rock, Step & Clap

1-2 cross left over right, step right to right side
3&4 turning 1/4 turn left – chasse left, right, left
5&6& kick right foot fwd, replace weight to right, rock left to left side, replace weight to right
7&8 Step fwd left, HOLD double clap

Styling Note: Claps are Spanish style, clapping hand palms at right ear height.

Bailando & Enjoy!

TAG wall 5 (Home wall 12:00)

Dance up to count 4 of section 2 & add the following - chasses with clicks:

5&6 step left to left, close right to left, step left to left side
7&8& step right to right, close left to right, step right to right, close left to right

Styling Note: Click fingers Spanish style on each count of 5&6 - 7&8

Raise right arm in front of left as you drop left arm down on the clicks 5&6

drop right arm & raise left arm in front of right on clicks 7&8

Head turns to the left on 5&6, turn head to right on 7&8. Have fun with it & give it some attitude!

Released at Dance Crazy's Summer Sizzler Event. michael@inline.ie - www.inline.ie