

Bailando Salsa

拍数: 64 墙数: 2 级数: Phrased Low Intermediate Salsa
编舞者: Rosy Morales (USA) & Janet (Zhen Zhen) Ge (CN) - October 2016
音乐: Bailando (feat. Sean Paul, Descemer Bueno & Gente de Zona) (English Version)
- Enrique Iglesias



Dance Sequence: AB - AB -B(16) - AB- AB - AB...

Choreographed in line dance in China during the finals, Oct. 2016

Intro: 40 Counts (26 Sec)

Part A (32 count)

A[1-8] L Fwd Mambo, R Back Mambo, 1/4 Turn L Mambo, 1/2 Turn R Mambo

1&2 Rock L forward, recover on R, step L back
3&4 Rock R back, recover on L, step R forward
5&6 Rock L to L side, recover on R, 1/4 turn L stepping L together
7&8 Rock R to R side, recover on L, 1/2 turn R stepping R together (3:00)

A[9-16] L Vine, Hitch, R Vine, Hitch, 1/4 Turn L Shuffle, 1/2 Turn L Mambo

1&2& Step L to L side, cross R behind L, step L to L side, hitch R
3&4& Step R to R side, cross L behind R, step R to R side, hitch L
5&6 1/4 Turn L stepping L forward, lock R behind L, step L forward.
7&8 Step R forward, pivot 1/2 turn L, step R forward (6:00)

A[17-32] Repeat 1-16 of Part A

Part B (32 count)

B[1-8] Side, Shimmy, Together, Side, Shimmy, Together, Cross, Recover, 1/4 Turn Back Diagonal, Recover, Cross, Recover, 1/4 Turn Back Diagonal, Recover

1&2 Step L to L side and Bend your knees, shimmy your shoulders, step R together
3&4 Step L to L side and Bend your knees, shimmy your shoulders, step R together
5&6& Cross L (heel) over R, recover on R, 1/4 turn R stepping L back diagonal L, recover on R
(3:00)
7&8& Cross L (heel) over R, recover on R, 1/4 turn R stepping L back diagonal L, recover on R
(6:00).

B[9-16] L Samba Step, R Samba Step, Pivot 1/2 Turn R (2x)

1&2 Cross L over R, rock R to R side, step L in place
3&4 Cross R over L, rock L to L side, step R in place
56 Step L forward, pivot 1/2 turn R
78 Step L forward, pivot 1/2 turn R (6:00)

B[17-32] Repeat 1-16 of Part B

Have Fun!