

Bailemos

拍数: 64 墙数: 4 级数: Phrased High Improver
编舞者: Els de VOS (NL) - September 2017
音乐: Reggaetón Lento (Bailemos) - CNCO



Start after 32 counts – sequence A-B-A-B-B-A-A-B-B-ending.

Part A: 32 counts

A1: STEP LEFT FORWARD. SWIVEL ¼ RIGHT. SWIVEL ¼ LEFT. STEP RIGHT FORWARD, PIVOT ½ LEFT, SHUFFLE RIGHT, STEP LEFT FORWARD.

- 1 - 4 Step L fwd, swivel ¼ right, swivel ¼ left, step R fwd.
5- 6&7-8 Pivot ½ left, step R fwd, step L next R step R fwd, step L fwd. (6)

A2: LOCKSTEP BEHIND RIGHT, 1/4 TURN LEFT, LOCKSTEP FORWARD LEFT, STEP RIGHT FORWARD ½ TURN LEFT, SHUFFLE RIGHT FORWARD

- 1 & 2 step R back, step L across R, step R back
3 & 4 ¼ turn left, step L fwd, step R behind L, Step L fwd
5 - 6 step R fwd, ½ turn left
7 & 8 step R fwd, step L next R, step R fwd. (9)

A3 + A4 : Repeat these 16 counts (6)

Part B: 32 counts

B1: SIDE ROCK LEFT, BEHIND SIDE CROSS, SIDE ROCK RIGHT, BEHIND SIDE CROSS.

- 1 - 2 Step L left recover right.
3 & 4 Step L behind R, step R right, step L across R.
5 - 6 Step R right recover.
7 & 8 Step R behind L, step L left, Step R across L. (6)

B2: STEP LEFT TOUCH 4X STEP LEFT FORWARD, STEP RIGHT FORWARD STOMP RIGHT 3X FORWARD

- 1 & 2 & Step L back, touch R next L, step R back, touch L next R.
3 & 4 & Step L back, touch R next L, step R back, touch L next R.
5 - 6 Step L fwd, step R fwd
7 & 8 Stomp L fwd 3 times. (6)

B3: SIDE ROCK RIGHT, SIDE ROCK LEFT, SIDE DIP RIGHT & LEFT

- 1 - 2 & Step R right, recover, step R next L
3 - 4 & Step L left, recover, step L next R
5 - 6 Step R right and dip down, L point side
7 - 8 Step L left and dip down, R point side. (6)

B4: CROSS OVER, STEP BACK, 1/8 STEP SIDE, STEP BACK, 1/8 STEP SIDE, STEP LEFT FORWARD, STEP R FWD, PIVOT ¼ LEFT, SHUFFLE FWD.

- 1 & 2 Step R across L, step L back, turn 1/8 right step R right,
3 & 4 Step L back, turn 1/8 right step R right, step L fwd.
5 - 6 Step R fwd, pivot ¼ left
7 & 8 Step R fwd, step L next R, step R fwd. (6)

Ending : 1 – 2 Step L fwd ¼ turn leftta da.....

Have fun....

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