

Lento Lerele

COPPERKNOB
STEPSHETS

拍数: 48 墙数: 0 级数: Phrased Easy Improver
编舞者: Raymond Sarlemijn (NL), Angels Guix (ES) & Enric Nonell (ES) - July 2018
音乐: Lento - Gemeliers, Joey Montana & Sharlene : (Album: Stereo)



Intro: 16 counts.

Sequence: AAA B CC AA B CC AA CCCC A

PART A: 16 counts

A[1-8] Rumba box, rocking chair, ½ pivot left

1&2 Step RF to right, step LF together, step RF forward
3&4 Step LF to left, step RF together, step LF backward
5& Rock RF backward, recover on LF
6& Rock RF forward, recover on LF
7& Rock RF backward, recover on LF
8& Step RF forward, ½ turn left and step on LF

A[9-16] Shuffle diagonal forward x2, step touch backward x4

1&2 Step RF to right diagonal forward, step LF together, step RF to right diagonal forward
3&4 Step LF to left diagonal forward, step RF together, step LF to left diagonal forward
5&6& Step RF to right diagonal backward, touch LF together, step LF to left diagonal backward,
touch RF together
7&8& Step RF to right diagonal backward, touch LF together, step LF to left diagonal backward,
touch RF together

PART B: 16 counts

B[1-8] Right hip push x3, step together, mambo step x2 (L, R)

1 Place ball of RF to right at hip width and push hip to right
2 Place ball of RF slightly further to right and push hip to right
3 Place ball of RF little bit far to right and push hip to right
4 Step RF together
5&6 Rock LF to left, recover on RF, step LF together
7&8 Rock RF to right, recover on LF, step RF together

B[9-16] Left hip push x3, step together, mambo step x2 (R, L)

1 Place ball of LF to left at hip width and push hip to left
2 Place ball of LF slightly further to left and push hip to left
3 Place ball of LF little bit far to left and push hip to left
4 Step LF together
5&6 Rock RF to right, recover on LF, step RF together
7&8 Rock LF to left, recover on RF, step LF together

PART C: 16 counts

C[1-8] Step forward w/ clap x3 (R, L, R), step forward w/ clap x3 (L, R, L), coaster step x2

1&2 Step RF forward and clap, step LF forward and clap, step RF forward and clap
3&4 Step LF forward and clap, step RF forward and clap, step LF forward and clap
5&6 Step RF backward, step LF together, step RF forward
7&8 Step LF backward, step RF together, step LF forward

C[9-16] Rocking chair travelling right, step RF to right, body roll left, body roll right, body roll left w/ ¼ turn, touch

1&2& Rock RF forward, step LF behind RF, rock RF backward, cross LF over RF
3&4& Rock RF forward, step LF behind RF, rock RF backward, cross LF over RF

- 5 Body roll sideward to right and step on RF
- 6 Body roll sideward to left and step on LF
- 7 Body roll sideward to right and step on RF $\frac{1}{4}$ turn left and step LF forward
- 8 $\frac{1}{4}$ turn left and step LF forward

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