

Lento

拍数: 32 墙数: 2 级数: Beginner / Improver
编舞者: Ira Weisburd (USA) & Raymond Sarlemijn (NL) - December 2018
音乐: Lento - Rudy Mancuso



****Lento (Slow)****

Intro: 16 counts. Start at approx. 15 sec.
NO TAGS !! NO RESTARTS !!

PART I. (BASIC RUMBA BOX; FORWARD MAMBO STEP, BACK, FORWARD, 1/2 R TURN)

1&2 Step R to R, Step-close L beside R, Step R back
3&4 Step L to L, Step-close R beside L, Step L forward
5&6 Step R forward, Recover back onto L, Step R back
7&8 Step L back, Recover forward onto R, Step L back making 1/2 R Turn (6:00)

PART II. (COASTER STEP, SIDE, RECOVER, CROSS; POINT, FLICK 1/4 L TURN, FORWARD, FORWARD, RECOVER, BACK)

1&2 Step R back, Step-close L beside R, Step R forward
3&4 Step L to L, Step R in place, Step L across R
5&6 Touch R toe to R, Raise R heel up with knee bent making 1/4 L Turn (3:00), Step R forward
7&8 Step L forward, Recover back onto R, Step L back

PART III. (BACK, RECOVER, 1/4 L TURN, 1/4 L SAILOR STEP; CROSS, SIDE, BACK, SWEEP, BACK, SIDE, CROSS)

1&2 Step R back, Recover forward onto L, Step R forward making 1/4 L Turn (12:00)
3&4 Step L back, Step R to R, Step L to L making 1/4 L Turn (9:00)
5&6& Step R across L, Step L to L, Step R back, Sweep L from front to back
7&8 Step L back, Step R to R, Step L across R

PART IV. (3/4 R DIAMOND TURN: 1/4 R TURN, SIDE, BACK, BACK, SIDE, FWD; 1/4 R TURN, SIDE, BACK, BACK, 1/4 R, FWD)

1&2 Step R to R making 1/4 R Turn (12:00), Step L to L, Step R back
3&4 Step L back, Step R to R, Step L forward
5&6 Step R to R making 1/4 R Turn (3:00), Step L to L, Step R back
7&8 Step L back, Step R to R making 1/4 R Turn (6:00), Step L forward

REPEAT DANCE.

Contacts: Email Ira: dancewithira@comcast.net or Raymond: rsarlemijn@gmail.com
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