

Bailamos

拍数: 32 墙数: 4 级数: Improver
编舞者: Wiesye Baraoh (INA) - August 2020
音乐: Bailamos (Remix) - Enrique Iglesias



Intro 48 Count (start on Vocal)

Session 1 : CROSS MAMBO (4x)

1 & 2 Step R cross behind L, Recover on L, Step R to R side
3 & 4 Step L cross behind R, Recover on R, Step L to L side
5 & 6 Step R cross behind L, Recover on L, Step R to R side
7 & 8 Step L cross behind R, Recover on R, Step L to L side

Session 2 : MAMBO FORWARD, MAMBO BACK, FORWARD, ¼ turn L-RECOVER, CROSS, MAMBO SIDE

1 & 2 Step R Forward, Recover on L, Step R close together L
3 & 4 Step back on L, Recover on R, Step L close together R
5 & 6 Step R forward, ¼ turn L-Recover on L, Step R cross over L
7 & 8 Step L to L side, Recpver on R, Step L close together R

Session 3: CROSS MAMBO (2x), SIDE MAMBO (2x)

1 & 2 Step R cross over L, Recover on L, Step R to R side
3 & 4 Step L cross over R, Recover on R, Step L to L side
5 & 6 Step R to R side, Recover on L, Step R close together L
7 & 8 Step L to L side, Recover on R, Step L close together R

Session 4 : SYNCOPATED CROSSES, SIDE MAMBO (2x)

1&2&3&4 Step R cross over L, Step L to L side, Step R cross over L, Step L to L side, Step R cross over L, Step L to L side, Step R cross over L
5 & 6 Step L to L side, Recover on R, Step L close together R
7 & 8 Step R to R side, Recover on L, Step R close together L

----- on Wall 6 Change step (count 8 change step TOUCH) and RESTART (12,00)

Session 5 : SYNCOPATED CROSSES, SIDE MAMBO (2x)

1&2&3&4 Step L cross over R, Step R to R side, Step L cross over R, Step R to R side, Step L cross over R, Step R to R side, Step L cross over R
5 & 6 Step R to R side, Recover on L, Step R close together L
7 & 8 Step L to L side, Recover on R, Step L close together R

Session 6: HALF DIAMOND, CROSS MAMBO (2X)

1 & 2 Step R cross over L – 1/8 turn Right, Step back on L, Step back on R -1/8 turn Right
3 & 4 Step L cross behind R, Step R to R side – 1/8 turn Right, Step L forward-1/8 turn Right
5 & 6 Step R cross over L, Recover on L, Step R to R side
7 & 8 Step L cross over R, recover on R, Step L to L side

Have fun and Enjoy

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