

Baila Baila

拍数: 32 墙数: 4 级数: High Beginner
编舞者: Micaela Svensson Erlandsson (SWE) - February 2021
音乐: Bailá Bailá - Alvaro Estrella



Restarts :Wall 2, 4 & 6 (After section 2) Tags: Wall 4 (After Section 2) & After Wall 8.

Section 1: Right Forward Mambo. Left Back Mambo. Right Mambo. Left Mambo.

1&2 Rock forward on right. Recover onto left. Step right in place.
3&4 Rock back on left. Recover onto right. Step left in place.
5&6 Rock right to right side. Recover onto left. Step right in place.
7&8 Rock left to left side. Recover onto right. Step left in place.

Section 2: Modified extended Shuffle ½ Turn right. Left Forward Mambo. Back Rock.

1& Step forward on right crossing left foot. Lock left behind right.
2& Step forward on right turning ¼ right. Lock left behind right.
3&4 Step forward on right turning ¼ right. Lock left behind right. Step forward on right.
5&6 Rock forward on left. Recover onto right. Step left in place.
7-8 Rock back on right. Recover onto left.

*1st Restart Wall 2 (Facing 3 O'clock.)

**1st Tag & 2nd Restart Wall 4 (Facing 6 O'clock)

***3rd restart Wall 6 (Facing 9 O'clock)

Section 3: Right Forward Lock Step. Step ½ Turn right. Left Forward Lock Step. Step ¼ Turn left.

1&2 Step forward on right. Lock left behind right. Step forward on right.
3-4 Step forward on left. Turn ½ right.
5&6 Step forward on left. Lock right behind left. Step forward on left.
7-8 Step forward on right. Turn ¼ left.

Section 4: Cross Shuffle. Left Rock. Behind. Side. Cross. Sway. Sway.

1&2 Cross right over left. Step left to left side. Cross right over left.
3-4 Rock left. Recover onto right.
5&6 Cross left behind right. Step right to right side. Cross left over right.
7-8 Sway right. Sway left.

**2nd Tag After Wall 8 (Facing 3 O'clock)

Tag: Hip Bumps (right & right, left & left)

1&2 Bump right hip right. Move hip back to centre. Bump right hip right.
3&4 Bump left hip left. Move hip back to centre. Bump left hip left.

Note: During Wall 8, after Section 2, the music will slow down. Just continue dancing keeping the rhythm all the way until you've completed the wall . Then it is time for The 2nd Tag.

Ending: During Wall 10 after Section 2, the dance will end. Make Step ½ Turn left to end facing the front wall.