

Lento

拍数: 48 墙数: 2 级数: Beginner
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音乐: Lento - Daniel Santacruz



Intro : 8 Counts - Start dancing after a voice saying "123.." Start with weight on L foot
No Tags, No Restarts

(1-8) BOX STEP SIDE RIGHT

12 Step RF to R, Step LF next to RF
34 Step RF forward, Touch LF next to RF
56 Step LF to L, Step RF next to LF
78 Step LF back, Touch RF next to LF

(9-16) HIP SWAYS, STEP RIGHT, TOGETHER, STEP RIGHT, TOUCH

1-4 Step RF to R swaying hip RLRL
56 Step RF to R, Step LF next to RF
78 Step RF to R, Touch LF next to RF

(17-24) BOX STEP SIDE LEFT

12 Step LF to L, Step RF next to LF
34 Step LF forward, Touch RF next to LF
56 Step RF to R, Step LF next to RF
78 Step RF back, Touch LF next to LF

(25-32) HIP SWAYS, STEP LEFT, TOGETHER, STEP LEFT, TOUCH

1-4 Step LF to L swaying hip LRLR
56 Step LF to L, Step RF next to LF
78 Step LF to L , Touch RF next to LF

(33-40) WALK BACK 2x, ROCK BACK RIGHT, WALK FORWARD 2x, ROCK FORWARD RIGHT

1-4 Walk back RL, Rock RF back, Recover onto LF
5-8 Walk forward RL, Rock RF forward, Recover onto LF

(41-48) ROCK BACK RIGHT, SHUFFLE FORWARD RIGHT, ROCK FORWARD LEFT, SHUFFLE 1/2 TURN LEFT

12 Rock RF back, Recover onto LF
3&4 Step RF forward, Step LF next to RF, Step RF forward
56 Rock LF forward, Recover onto RF
7&8 Turn 1/2 L stepping LF forward, Step RF next to LF, Step LF forward

Get your groove on and happy dancing!