

Pronto

拍数: 32 墙数: 4 级数: High Beginner
编舞者: Reni Linawati (INA) - February 2023
音乐: Pronto - Zack Knight



Restart: on wall 2 after 16 counts

Intro : 16 counts after on vocal

Sec 1: SIDE – CLOSE – FORWARD LOCK SHUFFLE – SIDE – CLOSE – BACK LOCK SHUFFLE

- 1 – 2 Step R to side, close L beside R
- 3 & 4 Step R forward, cross L behind R, step R forward
- 5 – 6 Step L to side, close R beside L
- 7 & 8 Step L back, cross R over L, step L back

Sec 2: (SIDE ROCK – BEHIND – SIDE – FORWARD) RL

- 1 – 2 Step R to side, recover on L
- 3 & 4 Step R behind L, step L to side, step R forward
- 5 – 6 Step L to side, recover on R
- 7 & 8 Step L behind R, step R to side, step L forward

Sec 3: BOTAFOGO RL – ANCHOR STEP RL

- 1 a 2 Cross R over L, step ball of L to side, step R in place
- 3 a 4 Cross L over R, step ball of R to side, step L in place
- 5 & 6 Step R slightly behind L, recover on L, recover on R
- 7 & 8 Step L slightly behind R, recover on R, recover on L

Sec 4: ¼ TURN RIGHT JAZZ BOX – DIAGONAL BACK STEP

- 1 – 2 Cross R over L, ¼ turn right step L back (3:00)
- 3 – 4 Step R to side, close L together
- 5 – 6 Step R diagonal right back, step L beside R
- 7 – 8 Step L diagonal left back, step R beside L

REPEAT

Enjoy the dance

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