

Eso Beso

拍数: 32 墙数: 2
编舞者: Nanny NS (INA) - June 2023
音乐: Eso Beso - Helmut Lotti

级数: Beginner - Samba



Intro = 32 counts - No TAG or Restart

I. MAMBO SIDE, JAZZ BOX.

1 & 2 Rock Rf to Side R, Recover weight back onto Fl, Step Rf back next to Fl
3 & 4 Rock Lf to Side L, Recover weight back onto Rf, Step Lf back next to Rl
5 - 6 Cross Rf over Fl, Step Lf back.
7 8 Step Rf to side R (with long step), Step Lf close to Rf (weight onto Lf)

II. MAMBO FORWARD , MAMBO BACK, OUT OUT , HOLD , HIP ROLLS

1 & 2 Rock Rf forward, Recover on Lf, Step Rf back.
3 & 4 Rock Lf backward, Recover on Rf, Step Lf forward.
&5, 6 Step Rf forward diagonal, Step Lf forward diagonal (with little jump), Hold.
7 - 8 Rotate hips counter clockwise

III. BOTAFOGO R , ¼ L BOTAFOGO L CROSS SHUFFLE R , ½ L CROSS SHUFFLE

1 a 2 Cross Rf over Lf, Rock ball Lf to side L, Recover on Rf
3 a 4 Cross Lf over Lf, ¼ turn L rock ball Rf to side R (09.00), Recover on Lf
5 & 6 Cross Rf over Lf, Step Lf next to Rf, Cross Rf over Lf
7 & 8 ½ turn L Cross Lf over Rf (03.00), Step Rf next to Rf, Cross Lf over Rf

IV. VOLTA ¾ R, FORWARD L , ½ r PIVOT , SIDE L STEP, HITCH R

1 & 2 & ¼ turn R step Rf forward, Step ball LF next to RF, ¼ turn R step Rf forward, Step ball Lf next to Rf
3 & 4 1/8 turn R step Rf forward, Step ball LF next to RF, 1/8 turn R step Rf Forward.
5 - 6 Step Lf forward , ½ turn R step Rf forward
7 - 8 Long Step Lf to side L, Drag Rf and Hitch Rf.

Note : Please dance with your sexy style ☐

Happy Dancing !!

NNS

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thanks to my best friend Didiet who suggested this song to be made into a dance ☐☐☐

Last Update: 28 May 2024