

Lao' a Lao' Bachata

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 2 级数: High Beginner
编舞者: Penny Tan (MY) - December 2023
音乐: Lao' a Lao' - Prince Royce



Intro 16C

*Tag (4C) after W5 – facing 6:00

1-4 Touch RF on R ,bump hip up down up down

Restart on W9 after 16C – facing 6:00

SEC1: SWEEP & STEP BACK, TOUCH (R-L) ,WALK WALK ,FWD SHUFFLE

1-2 Sweep RF to back & step on R , touch LF slightly fwd
3-4 Sweep LF to back & step on L , touch RF slightly fwd
5-6 Walk fwd R , walk fwd L
7&8 Fwd shuffle R-L-R

SEC2:BACK ROCK , RECOVER , SIDE , TOUCH,1/4 TURN R , FWD WITH SWEEP , ¼ TURN R TOUCH , SIDE , TOUCH

1-2 Step LF behind RF ,recover on R
3-4 Step LF to L side,touch RF next to LF
5-6 ¼ turn R ,step RF fwd with sweep LF from back to front , 1/4 turn R , touch LF beside RF
7-8 Step LF to L ,touch RF next to LF

SEC3:BASIC BACHATA, SWAYS, TOUCH

1-4 Step RF to R,step LF next to RF, step RF to R ,touch LF next to RF
5-8 Step LF to L with sway L-R-L , touch RF next to LF

SEC4:SIDE ROCK, RECOVER ,CROSS SHUFFLE, SIDE ,TOUCH , HIPS BUMP

1-2 Rock RF to R ,recover on L
3&4 Cross RF over LF ,step LF to L ,cross RF over LF
5-6 Step LF to L ,touch RF next to LF
7-8 Hip bump up & down

Have fun and happy dancing.

Last Update: 6 Dec 2023