

Bailemos Lento

拍数: 32 墙数: 4 级数: Improver
编舞者: José María Tomé (ES) - May 2024
音乐: Lento - Daniel Santacruz



This choreo has INTRO and 2 TAGS+RESTARTS.

#16 counts INTRO after "one, two, three, four"

(01-08) (R/L): 2X STEP IN PLACE, 2X: STEP IN PLACE, SIDE

1 – 2 (1) RF Step beside LF, (2) LF Step in place
3 & 4 (3) RF Step in place, (&) LF Step in place, (4) RF Small Step to R
5 – 6 (5) LF Step beside RF, (6) RF Step in place
7 & 8 (7) LF Step in place, (&) RF Step in place, (8) LF Small Step to L

(09-16) REPEAT (01-08) STEPS

CHOREO STEPS:

(01-09) SIDE, CROSS ROCK, LEFT CHASSÉ, ¼ R ROCK BACK, ¼ L RIGHT CHASSÉ

1 – 2 – 3 (1) RF Step to R, (2) LF Cross over RF, (3) Recover on RF
4 & 5 (4) LF Step to L, (&) RF Step beside LF, (5) LF Step to L
6 – 7 (6) ¼ Turn R and RF Step back, facing [3:00], (7) Recover on LF
8 & 1 (8) ¼ Turn L and RF Step to R, facing [12:00], (&) LF Step beside RF, (1) RF Step to R

(10-18) ¼ L ROCK BACK, SHUFFLE FWD, CROSS, SIDE, BEHIND, BEHIND, SIDE, CROSS

2 – 3 (2) ¼ Turn L and LF Step back, facing [9:00], (3) Recover on RF
4 & 5 (4) LF Step forward, (&) RF Step behind LF, (5) LF Step forward, (* TAG1 on 4th wall)
6 & 7 (6) RF Cross over LF, (&) LF Step to L, (7) RF Cross behind LF
8 & 1 (8) LF Cross behind RF, (&) RF Step to R, (1) LF Cross over RF

(19-25) ⅛ L ROCKING CHAIR, ROCK, ⅛ R SIDE, CROSS, SIDE, BEHIND, BEHIND, ¼ L SIDE, STEP FWD

2 & 3 & (2) ⅛ Turn L and RF Rock fwd, facing [7:30], (&) Recover on LF, (3) RF Rock back, (&) Recover on LF
4 & 5 (4) RF Rock fwd, (&) Recover on LF, (5) ⅛ Turn R and RF Step to R, facing [9:00]
6 & 7 (6) LF Cross over RF, (&) RF Step to R, (7) LF Step back behind RF
8 & 1 (8) RF Step back behind LF, (&) ¼ Turn L and LF Step to L, facing [6:00], (1) RF Step fwd in front of LF

(** TAG2 on 8th wall)

(26-32) ROCK, ⅜ L SAILOR HEEL, BALL STEP, ½ L PIVOT, STEP FWD, ⅛ R TOGETHER

2 – 3 (2) LF Rock forward, (3) Recover RF
4 & 5 (4) ⅜ Turn L and LF Step behind RF, facing [1:30], (&) RF Small Step close to LF, (5) LF Heel to ground
& 6 – 7 (&) LF Ball to ground, (6) RF Step forward, (7) ½ Pivot L, facing [7:30]
8 & (8) RF Step forward, (&) ⅛ Turn R and LF Step together RF, facing [9:00]

AND START AGAIN

(*)TAG1: On 4th wall, after 13 counts and facing [12:00]: ⅛ L ROCKING CHAIR, ROCK, ⅛ R SIDE:

1 & 2 & (1) ⅛ Turn L and RF Rock fwd, facing [10:30], (&) Recover on LF, (2) RF Rock back, (&) Recover on LF
3 & (3) RF Rock fwd, (&) ⅛ Turn R and Recover on LF, facing [12:00], and RESTART.

(**)TAG2: On 8th wall, after 25 counts and facing [9:00]: LEFT MAMBO STEP, 2X STEPS IN SITE:

1 & 2 (1) LF Side Rock to L, (&) Recover on RF, (2) LF Step beside RF
3 & (3) RF Step in site, (&) LF Step in site, and RESTART.

ENJOY IT!! josemtome@telefonica.net
