

Bailamos

拍数: 48 墙数: 2 级数: Intermediate
编舞者: David Cheshire (AUS)
音乐: Bailamos - Enrique Iglesias



STEP, DRAG, HEEL TWISTS

- 1-2 Step left long to left, drag right to left & twist heels to left
- 3&4 Twist heels right-left, center (weight on left)
- 5-6 Step right long to right, drag left to right & twist heels to right
- 7&8 Twist heels left-right, center (weight on right)

STEP, LOCK, STEP, STEP, SWAY, ½ TURN TRIPLE STEP, SWAY

- 1&2 Step forward long on left, slide right behind left, step forward on left
- 3-4 Step forward on right & bend knees while swaying forward, straighten legs leaving weight on right
- 5&6 Step back on left making ½ turn triple step to right (left-right-left)
- 7-8 Step forward on right & bend knees while swaying forward, straighten legs leaving weight on right

- 1-6 Repeat steps 1-6 above
- 7-8 Rock forward on right, rock back on left

BACK SHUFFLES, RIGHT KICK & SWEEP, ½ TURN RIGHT, COASTER STEP

- 1&2 Shuffle back right-left-right
- 3&4 Shuffle back left-right-left
- 5-6 Kick right foot forward slightly, sweep right back into ½ turn right (weight on right)
- 7&8 Step back on left, step right next to left, step left forward

FORWARD SHUFFLE, TOE POINTS, SAILOR SHUFFLES

- 1&2 Shuffle forward right-left-right
- 3&4 Touch left toe to left, touch left toe to right foot, touch left toe to left
- 5&6 Step left behind right, step right to right, step left to left
- 7&8 Step right behind left, step left to left, step right to right

CROSS ROCK, SIDE TOGETHER, FORWARD, ½ PIVOT STEP, ½ PIVOT STEP, STEP

- 1-2 Cross left over right & rock back on right
- 3&4 Step left to left, step right next to left, step left forward
- 5-6 Step forward on right, pivot ½ turn left, step forward on left
- 7&8 Step forward on right, pivot ½ turn to left, step forward on left & step right next to left

REPEAT

TAG

At the end of the 2nd wall

ANGLE SHUFFLES, STOMPS

- 1&2 Shuffle at 45 degrees to left (left-right-left)
- 3&4 Shuffle at 45 degrees to right (right-left-right)
- 5-6 Stomp left to center, stomp right next to left

At end of tag start dance again from the beginning.