

Bailando

拍数: 32 墙数: 4 级数: Beginner
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音乐: Bailando - Paradisio



ROCK BACK, RECOVER, WALK RIGHT, LEFT, TOUCHES HAND MOVEMENTS, ROCKING CHAIR, SIDE ROCKS WITH HIP SWAYS

- 1-4 Rock back on right, recover left, walk forward right, left (with attitude)
- 5-6 Touch right diagonally forward, step right down (put your hands in a fist and make 2 circles diagonally right (moving like a train) at the level of your hip
- 7-8 Touch left diagonally forward, step left down. (put your hands in a fist and make 2 circles diagonally left (moving like a train) at the level of your hip. (12:00)

ROCKING CHAIR, SIDE ROCKS, HIP SWAYS

- 1-4 Step forward right, recover left, step back right, recover left
- 5-8 Step right to right side (sway hips right), step left to left side (sway hips left), step right to right side (sway hips right), step left to left side (sway hips left) (12:00)

CROSS AND TOUCHES, JAZZ BOX WITH ¼ TURN RIGHT

- 1-2 Step right over left, touch left to left side (turn body right)
- 3-4 Step left over right, touch right to right side (turn body left)
- 5-8 Step right over left, step left back, step right forward & turn ¼ right, step left beside right (3:00)

STEP RIGHT, CHEST PUMPS TWICE, STEP LEFT TOGETHER, REPEAT

- 1-2 Look right, step right to right side. Put hands in a fist and at the level of the chest, shoulders back, chest forward, push chest back (shoulders forward), again shoulders back, chest forward and push chest back (shoulders forward)
- 3-4 Look forward, step left next to right. Put hands in a fist and at the level of the chest, shoulders back, chest forward, push chest back (shoulders forward), again shoulders back, chest forward and push chest back (shoulders forward)
- 5-8 Repeat 1-4 (3:00)

REPEAT
