

Bailando 4 Beginners

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: High Beginner
編舞者: K. Sholes (USA) - September 2014
音樂: Bailando (feat. Descemer Bueno & Gente de Zona) - Enrique Iglesias



Hip Rocks

1-4 Rock R hip to side, Put weight on R, Rock L hip to side, Put weight on L.
5-8 Rock R hip to side, Take weight on R, Rock L hip to side, Put weight on L.

Rhumba Box Steps

1-4 Step R to side, Step L next to R, Step R forward, Hold.
5-8 Step L to side, Step R next to L, Step L forward, Hold.

Mambo Steps

1-4 Rock R forward, Recover L, Step R next to L, Hold.
5-8 Rock L back, Recover R, Step L next to R, Hold.

1/4 turn Step-Lock-Step, Hold, Step-Lock-Step, Hold

1-4 Step R 1/4 to right, Lock L behind R, Step R forward, Hold.
5-8 Step L forward, Lock R behind L, Step L forward, Hold.
