

# Lento Kizomba

拍數: 64      牆數: 2      級數: Intermediate  
編舞者: Roosamekto Mamek (INA) & Nurjanah Khan (INA) - June 2015  
音樂: Lento - Daniel Santacruz



Intro: 24 count

Choreographers note: The song or the restart make this choreography a 2 walls dance. So if you omit the restart or change with other song, you may find that it's going to be a 1 wall dance

## S1: WALK FORWARD R-L-R, TAP/TOUCH, CUMBIA STEP

1-4            Step R forward – Step L forward – Step R forward – Tap/Touch L beside R □(12:00)  
5 a6           Step L to side – Rock R behind L – Recover on L  
7 a8           Step R to side – Rock L behind R – Recover on R

## S2: WALK BACK L-R-L, TAP/TOUCH, SIDE MAMBO

1-4            Step L back – Step R back – Step L back – Tap/Touch R beside L (12:00)  
5&6           Rock R to side – Recover on L – Step R together  
7&8           Rock L to side – Recover on R – Step L together

## S3: VOLTA TURN 3/4 RIGHT, VOLTA TURN 3/4 LEFT

1&2&          Cross R over L – Turn 1/8 right step L to side (slightly back) – Turn 1/8 right cross R over L –  
Turn 1/8 right step L to side (slightly back)  
3&4            Turn 1/8 right cross R over L – Turn 1/8 right step L to side (slightly back) – Turn 1/8 right  
cross R over L (09:00)  
5&6&          Cross L over R – Turn 1/8 left step R to side (slightly back) – Turn 1/8 left cross L over R –  
Turn 1/8 left step R to side (slightly back)  
7&8            Turn 1/8 left cross L over R – Turn 1/8 left step R to side (slightly back) – Turn 1/8 left cross L  
over R (12:00)

## S4: CUMBIA STEP, FORWARD WITH HIPS SWAY, SWAY, TURN 1/2 LEFT WITH HIPS, TOGETHER

1 a2           Step R to side – Rock L behind R – Recover on R (12:00)  
3 a4           Step L to side – Rock R behind L – Recover on L  
5-6            Step R forward and sway hips forward – Sway hips back  
7-8&          Sway hips forward – Turn 1/2 left and sway hips forward – Step R together (06:00)

## S5: VAUDEVILLE STEP, DIAGONAL BACK SHUFFLE

1&2&          Cross L over R – Step R to side – Touch L toes diagonally forward – Step L beside R  
3&4            Cross R over L – Step L to side – Touch R toes diagonally forward  
5&6            Step R diagonally back – Step L together – Step R diagonally back  
7&8            Step L diagonally back – Step R together – Step L diagonally back (06:00)

## S6: SKATE R-L, DIAGONAL FORWARD SHUFFLE, SKATE L-R, DIAGONAL FORWARD SHUFFLE

1-2            Skate R diagonally forward – Skate L diagonally forward  
3&4            Step R diagonally forward – Step L together – Step R diagonally forward  
5-6            Skate L diagonally forward – Skate R diagonally forward  
7&8            Step L diagonally forward – Step R together – Step L diagonally forward (06:00)

## S7: CROSS/ROCK, RECOVER, ROCK, RECOVER, CROSS/ROCK, RECOVER, SIDE STEP

1&2&          Cross/Rock R over L – Recover on L – Rock R to side – Recover on L  
3&4            Cross/Rock R behind L – Recover on L – Step R to side  
5&6&          Cross/Rock L over R – Recover on R – Rock L to side – Recover on R  
7&8            Cross/Rock L behind R – Recover on R – Step L to side (06:00)

**S8: DOROTHY STEP, FORWARD, PIVOT 1/2 TURN LEFT, 1/2 TURN LEFT (2X)**

- 1-2&            Step R diagonally forward – Lock L behind R – Step R diagonally forward  
3-4&            Step L diagonally forward – Lock R behind L – Step L diagonally forward  
5-6              Step R forward – Turn ½ left (weight on L) (12:00)  
7-8              Turn ½ left step R back – Turn ½ left step L forward (12:00)

**REPEAT**

**RESTARTS:-**

- R1              . On wall 2 after 48 count (Section 6) – facing 06:00  
R2              . On wall 4 after 60 count (after Dorothy steps on wall 8) – facing 12:00

**For Song & Step Sheet please contact: [Roosamekto.Nugroho@gmail.com](mailto:Roosamekto.Nugroho@gmail.com)**

**Last Update - 2nd May 2017**

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