

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

Last Update - 2nd May 2017
