

Lento

拍數: 32
編舞者: Flora Lau (MY) - June 2015
音樂: Lento - Daniel Santacruz

牆數: 4

級數: Advanced Beginner



Intro: 32 counts (start on vocal)

Section 1: Side, Back Rock, Side, Behind Side ½ turn R, Side, Behind Side Cross, Side, Recover, Cross

- 1 Step L to L side
- 2 & 3 Rock R behind L, recover onto L, step R to R side
- 4 & 5 Step left behind right, step right to right, ½ turn R Stepping L to L side (6 o'clock)
- 6 & 7 Step R behind L, L to L side, Cross R over L
- 8 & 1 Step R to R side, Recover on L, Cross R over L

Section 2: ¼ R, Shuffle Forward, ½ R Shuffle Back, Rock Back, Recover, Kick Ball Change

- 2 & 3 ¼ turn R stepping R forward, L behind R, R forward (9 o'clock)
- 4 & 5 ¼ turn R stepping L to L side, ¼ R stepping R back, Step L to L side (3 o'clock)
- 6 7 Rock back on R, Recover on L
- 8 & 1 Kick R forward, Step Back on R, Step forward on L

Section 3: Travelling Botafogo forward 2X, R Cha Cha Forward, ½ Turn L, L Cha Cha Forward

- 2 & 3 Cross R over L, L to L side, Recover on R (moving forward)
- 4 & 5 Cross L over R, R to R side, Recover on L (moving forward)
- 6 & 7 Step R forward, L behind R, R forward
- 8 & 1 ½ turn to L stepping L forward, R behind L, L forward (9 o'clock)

Section 4: R CROSS ROCK & RECOVER, R SIDE (MOVING FORWARD), L CROSS ROCK & RECOVER, L SIDE (MOVING FORWARD), SWAY, FULL TURN L

- 2 & 3 Rock R over L, Recover on L, R to R side
- 4 & 5 Rock L over R, Recover on R, L to L side
- 6 7 Sway R to R side, ¼ turn L stepping L forward (6 o'clock)
- 8 & ¼ turn L stepping R to R side, ½ turn L sweeping L from front to back (while making a ½ turn to L) (9 o'clock)

***1st Tag/Restart**

~4th wall (3 O'clock) Dance up to 17 counts, Restart facing 6 O'clock

Section 2: □ (8 counts - slight change on the last count)

- 8 & 1 Kick R forward, Step Back on R, Step L to L side

****2nd Tag/Restart**

~8th Wall (9 O'clock) Dance up to 28 ½ counts, Restart facing 6 O'clock

Section 4: □

- 2 & 3 Rock R over L, Recover on L, R to R side
- 4 & Rock L over R, Recover on R

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