

# Bailando (No Stress)

拍數: 32      牆數: 4      級數: Intermediate  
編舞者: Michael O'Shea (IRE) - June 2016  
音樂: Bailando (feat. Sean Paul, Descemer Bueno & Gente de Zona) (English Version)  
- Enrique Iglesias



## #32 count Intro

### Mambo Fwd & Back Rock 1/2 Turn, 1/2 Turn, Rock & Back & Back

1&2&      Rock right foot fwd, replace weight to left, step back right, close left to right (&)  
3&4      rock back right, replace weight to left, turn 1/2 turn left stepping back onto right foot  
5      turning 1/2 turn left step forward left  
6&      rock fwd right, replace weight to left  
7&8      step back right, close left to right, step back right (6:00)

### Coaster Cross, Side Rock Cross, Side Rock, Cross, Back, Side, Touch, Side

1&2      step back left, close right to left, step left across right  
3&4      rock right to right side, replace weight to left, cross right over left  
5&      rock left to left diagonal, replace weight to right  
6&7      cross left over right, step back right, step left to left side  
&8      touch right beside left, step right to right side

### Back Rock, Side, Back, Rock, 1/4 Turn, Pivot Full Turn, 1/4 Side, Cross &

1-2&      rock back left, replace weight to right, step left to left side  
3-4&      rock back right, replace weight to left, step right 1/4 turn right  
5&6      step fwd left, pivot 1/2 turn right, step left back 1/2 turn right (completes a full turn)  
7      step right 1/4 turn right to right side  
8&      cross left over right, step right to right side

### Cross, Side, Chasse 1/4 Turn, Kick Ball Side Rock, Step & Clap

1-2      cross left over right, step right to right side  
3&4      turning 1/4 turn left – chasse left, right, left  
5&6&      kick right foot fwd, replace weight to right, rock left to left side, replace weight to right  
7&8      Step fwd left, HOLD double clap

**Styling Note: Claps are Spanish style, clapping hand palms at right ear height.**

## Bailando & Enjoy!

### TAG wall 5 (Home wall 12:00)

**Dance up to count 4 of section 2 & add the following - chasses with clicks:**

5&6      step left to left, close right to left, step left to left side  
7&8&      step right to right, close left to right, step right to right, close left to right

**Styling Note: Click fingers Spanish style on each count of 5&6 - 7&8**

**Raise right arm in front of left as you drop left arm down on the clicks 5&6**

**drop right arm & raise left arm in front of right on clicks 7&8**

**Head turns to the left on 5&6, turn head to right on 7&8. Have fun with it & give it some attitude!**

**Released at Dance Crazy's Summer Sizzler Event. michael@inline.ie - www.inline.ie**