

# Reggaeton Lento

拍數: 64      牆數: 2      級數: Phrased Improver  
編舞者: Angels Guix (ES) & Enric Nonell (ES) - January 2017  
音樂: Reggaetón Lento (Bailemos) - CNCO : (Album: Primera cita - 3:42)



Sequence: □ Intro, AB, AB, BA, AB, ½ A, Final

## A part: 32 counts

### A[1-8] Point switches right-left-right-left, shuffle right, shuffle left

1&2&      Point RF to right, step RF together, point LF to left, step LF together  
3&4&      Point RF to right, step RF together, point LF to left, step LF together  
5&6      Step RF right, step LF together, step RF to right  
7&8      Step LF to left, step RF together, step LF to left

### A[9-16] ¼ turn left and step side, reggaeton hip bounces x3, ¼ turn right and step right, ¼ turn right and step side, reggaeton hip bounces x3, ¼ turn left and step LF together

1      ¼ turn left and step RF to right at the time as bouncing hips  
2,3      Bounce hips twice  
4      ¼ turn right and step RF to right  
5      ¼ turn right and step LF to left at the time as bouncing hips  
6,7      Bounce hips twice  
8      ¼ turn left and step LF to left

### A[17-24] Push RF diagonal forward, Step RF diagonal a bit far, recover on LF, step RF together, three step turn left

1,2      Push on RF to right diagonal forward, step RF a bit far to right diagonal forward  
3,4      Recover on LF, step RF together  
5,6      ¼ turn left and step LF forward, ½ turn left and step RF backward  
7,8      ¼ turn left and step LF to left, touch RF together

### A[25-32] Shuffle right, ½ turn, shuffle left, Jazz box

1&2      Step RF to right, step LF together, step RF to right  
3&4      ½ turn right and step LF to left, step RF together, step LF to left  
5-8      Cross RF over LF, step LF backward, step RF to right, step LF forward

## B part: 32 counts

### B[1-8] Step touches in K shape, step ½ turn step, mambo backward

1&      Step RF to right diagonal forward, touch LF together  
2&      Step LF to left diagonal backward, touch RF together  
3&      Step RF to right diagonal backward, touch LF together  
4      Step LF to left diagonal forward  
5&6      Step RF forward, ½ turn left and step on LF, step RF to right  
7&8      Rock LF behind RF, recover on RF, step LF to left

### B[9-16] Mambo right, mambo left, out out in in ( the V)

1&2      Rock RF to right, recover on LF, step RF together  
3&4      Rock LF to left, recover on RF, step LF together  
5,6      Step RF diagonally forward, step LF diagonally forward  
7,8      Step RF center, step LF together

### B[17-24] Mambo backward, 1/8 turn left sailor step, walk x2, touch forward, step backward

1&2      Rock RF behind LF, recover on LF, step RF to right  
3&4      Step LF behind RF, Step RF to right, turn 1/8 to left and step LF forward

5,6 Step RF forward, step LF forward  
7,8 Touch RF forward, step RF backward

**B[25-32] step backward, 1/8 turn right and point right, sailor step, step LF out, step RF out, step LF in, touch**

1,2 Step LF backward, 1/8 turn right and point RF to right

3&4 Step RF behind LF, step LF to left, step RF to right

5-8 Step LF diagonally forward, step RF diagonally forward, step LF in, touch RF together

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