

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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Last Update - 27th March 2017
