

Bailame

拍數: 32 牆數: 4 級數: High Improver
編舞者: Tom Inge Soenju (NOR) - May 2018
音樂: Báilame (Remix) - Nacho, Yandel & Bad Bunny



Note: This dance has a simple 32 count intro dance so you don't have to wait for 48 counts

Intro: 16 counts before intro dance and 48 before dance.

Sequence: Repeating sequence.

Bridge - in wall 4 after 16 counts, then continue dance, and no Restart.

End: Section 4, count 7-8 you make a ¼ turn to your left (12:00) stepping LF to left side then RF to right side.

Intro

Intro-Section 1: Mambo x2

- 1-2 Rock forward on LF (1) and recover weight onto RF (2)
- 3-4 Step LF next to RF (3) and hold (4)
- 5-6 Rock back on RF (5) and recover weight onto LF (6)
- 7-8 Step RF next to LF (7) and hold (8)

Intro-Section 2: Mambo x2

- 1-2 Rock LF to left side (1) and recover weight onto RF (2)
- 3-4 Step LF next to RF (3) and hold (4)
- 5-6 Rock RF to right side (5) and recover weight onto LF (6)
- 7-8 Step RF next to LF (7) and transfer weight onto LF (8)

Intro-Section 3: Mambo x2

- 1-2 Rock forward on RF (1) and recover weight onto LF (2)
- 3-4 Step RF next to LF (3) and hold (4)
- 5-6 Rock back on LF (5) and recover weight onto RF (6)
- 7-8 Step LF next to RF (7) and hold (8)

Intro-Section 4: Mambo x2

- 1-2 Rock RF to right side (1) and recover weight onto LF (2)
- 3-4 Step RF next to LF (3) and hold (4)
- 5-6 Rock LF to left side (5) and recover weight onto RF (6)
- 7-8 Step LF next to RF (7) and hold (8)

Dance

Section 1: Point switches, Swivel heel out and in x2, Heel-Point switches, Hip bumps x2

- 1 & Point RF to right side (1) and step RF next to LF (&)
- 2 & Point LF to left side (2) and step LF next to RF (&)
- 3 & 4 Point RF forward and swivel right heel left (3) then back and out (&) and back (4)
- & 5 Step RF in place (&) and point heel of LF forward (5)
- & 6 Step LF in place (&) and point RF to right side (6)
- & 7 Step RF next to LF (&) and point LF forward (knee bent) while bumping your hip outward (7)
- & 8 & Bump right hip back (&) then out (8) and back and step LF in place (&)

Section 2: Heel Jack, ¼ Heel Jack L turn, Press & Push, Sweep, Behind-Side-Cross

- 1 & Cross RF over LF (1) and step LF to left side (&)
- 2 & Touch heel of RF diagonally forward right (2) and step down on RF (&)
- 3 & Cross LF over RF (3) and make a quarter turn to your left stepping back on RF (&) (09:00)
- 4 Touch heel of LF forward
- 5 & Press down on LF (5) and push your LF of the ground (&)
- 6 Sweep your LF from front to back

7 & 8 Step LF behind RF (7), step RF next to LF (&) and cross LF over RF (8)
(Bridge here in wall 4)

Section 3: Side-together, Chassé-Scuff, Diag Chassé-Scuff, Rock-Recover x2

1 Step RF to right side
2 Step LF next to RF
3 & Step RF to right side (3) and step LF next to RF (&)
4 & Step RF to right side (4) and scuff LF next to RF (&)
5 & Turn 1/8 to your right (01:30) and step LF to left side (5), step RF next to LF (&)
6 & Step LF to left side (6), scuff RF next to LF (&)
7 & Over the next 4 counts you are going to slowly straighten yourself to 09:00 by Rock RF over LF (7) and recover weight onto LF (&)
8 & Rock RF to right side (8) and recover weight onto LF (&) (09:00)

Section 4: Rock-recover x2, Behind-side rock-recover x2, Chassé ½ R turn, F Shuffle

1 Step RF behind LF
2 & Rock LF to left side (2) and recover weight onto RF (&)
3 Step LF behind RF
4 & Rock RF to right side (4) and recover weight onto LF (&)
5 & Quarter turn to your right (12:00) stepping back on RF (5) and step LF next to RF (&)
6 Quarter turn to your left (03:00) stepping forward on RF
7 & Step LF forward (7) and step LF next to RF (&)
8 Step LF forward

Bridge - Rock-Recover x2

1 & Rock RF forward (1) and recover weight onto LF (&)
2 & Rock RF back (2) and recover weight onto LF (&)

(Continue with section 3 in dance)

Repeat dance sections again and enjoy! Happy Dancing!

Contact: If anything is unclear or if you would like additional information, please contact me:

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