

Lo Siento (I'm Sorry)

COPPER KNOB
STYLEDANCE

拍數: 48 牆數: 4 級數: Improver
編舞者: Nora Chuang (USA) - March 2019
音樂: Lo Siento - SUPER JUNIOR, Leslie Grace & Play-N-Skillz



Music Available from iTunes.
Start dance after 16 counts.

S 1: Point&Point, Step, Slide Together, Point&Point, ¼ Left Sailor (12 -> 9 o'clock)

1&2 Weight on L, point R to right side (1), hitch R up to center (&), point R to right (2)
3,4 Big step R to right side (3), slide L next to R (4)
5&6 Weight on R, point L to left side (5), hitch L up to center (&), point L to left (6)
7&8 Left sailor with ¼ left turn: sweep L behind R with ¼ left turn (7), step R beside L (&), step L beside R (2)

S 2: Forward/Back Mambos, Right Mambo, Kick/Step/Step (9 o'clock)

1&2 Right forward Mambo: Rock R forward (1), recover on L (&), step R next to L (2)
3&4 Left back Mambo: Rock back on L (3), recover on R (&) step L next to R (4)
5&6 Right side Mambo: Rock R to side (5), recover on L (&), step R next to L (6)
7&8 Kick L forward (7), L step down (&), R step down beside L, shoulder length apart (8)

S 3: R Samba, L Samba, R Sailor, L Sailor (9 o'clock)

1&2 Right Samba: Cross R over L (1), rock L to left side (&), recover on R (2)
3&4 Left Samba: Cross L over R (3), rock R to right side (&), recover on L (4)
5&6 Right Sailor: Step R behind L (5), step L to left side (&), step R next to L (6)
7&8 Left Sailor: Step L behind R (7), step R to right side (&), step L next to R (8)

Optional Styling: Pump your chest out & pull elbows back as you step back on the Sailor steps.

S 4: Rumba Box Forward, Lock Step Back, L Coaster Step (9 o'clock)

1-4 Rumba Box Forward: Step R to right side (1), L together (&), step R forward (2), step L to left side (3), R together (&), step L back (4)
5&6 Lock Step Back: Step R back (5), step L in front of R (&), step R back (6)
7&8 Left coaster step: Step L back (7), step R next to L (&), step L forward (8)

S 5: (Right Samba w ¼ Right Turn, Left Sailor) x 2 (9 -> 3 o'clock)

1&2 ¼ R turn Samba: Cross R over L (1), step L back w ¼ right turn (&), step R beside L (2)
3&4 Left Sailor: Step L behind R (3), step R to right side (&), step L next to R (4)
5&6 Repeat: right samba with ¼ right turn in steps 1&2
7&8 Repeat: left sailor in steps 3&4

S 6: (Hip Bumps) x 2, Side Hip Roll, L Side Mambo (3 o'clock)

1&2 Right hip bumps: Weight on R, bump right hip up (1); down (&), up (2)
3&4 Left hip bumps: Weight on L, bump left hip up (3), down (&), up (4)
5-6 Slow hip roll counter clockwise to right, shifting weight to R
7&8 Left side Mambo: Rock L to side (7), recover on R (&), step L next to R (8)

Optional Hip Bump Styling: As you bump your hip up, chop your bent arm down along your front; as you bump hip down, chop your arm up, in hip hop style.

Start the dance again. No tags, no restarts.
Dance with Latin beat and a bit of hip hop attitude. Enjoy!

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