

Pero Lento

拍數: 48 牆數: 2 級數: Improver
編舞者: Sebastiaan Holtland (NL) - July 2018
音樂: Lento - Thalía & Gente de Zona : (Single)



No Tags And Restarts.

Introduction: 16 counts, start on approx; 11 sec.

Part 1. [1-8] Side, Back Rock L / Recover with ¼ R, Side, Sailor Step R, ¼ Sailor Turn R, Behind, Side.

1,2& Step R to R (1), Step L behind R (2), Making ¼ turn L (3.00) recover back onto R (&).
3 Step L to L (3).
4&5 Step R behind L (4), Step L to L (&), Step R to R (5).
6&7 Step L behind R (6), Make ¼ turn R (6.00) step R to R (&), Step L to L (7).
8& Step R behind L (8), Step L to L (&).

PART 2. [9-16] 2x Syncopated Cross Rocks & Side R, L, Step, Hitch L, Step, Step Lock Step R.

1,2& Cross Rock R fwd (1), Recover back onto L (2), Step R to R (&).
3,4& Cross Rock L fwd (1), Recover back onto R (2), Step L to L (&).
5&6 Step R fwd (5), Small hitch L knee up (&), Step L back in place slightly fwd (6).
7&8 Step R fwd (7), Lock L behind R (&), Step R fwd (8).

PART 3. [17-24] Mambo Step L Fwd, Back, Hitch L, Back, Coaster Step R, Side, Touch L Beside.

1&2 Mambo step L fwd (1), Recover back onto R (&), Step L slightly fwd (2).
3&4 Step R back (3), Small hitch L knee up (&), Step L back in place slightly back (4).
5&6 Step R back (5), Step L beside R (&), Step R fwd (6).
7,8 Step L to L (7), Touch R beside L (8).

Part 4. [25-32] Side with Hip Move R, Together, Side Mambo Cross R, Back with ¼ Turn R, Side, Step Lock Step L.

1,2 Step R to R with hip move R (1), Step L beside R (2).
3&4 Mambo R to R (3), Recover back onto L (&), Step R across L (4).
5,6 Make ¼ turn R (9.00) step L back (5), Step R to R (6).
7&8 Step L fwd (7), Lock R behind L (&), Step L fwd (8).

PART 5. [33-40] ¼ Diamond with Walks Back L, R, Walks Fwd R, L.

1&2 Step R across L (1), Make 1/8 turn R (10.30) step L to L (&), Step R back (2).
3,4 On diagonal: Walk L back (3), Walk R back (4).
5&6 Step L behind R (5), Make 1/8 turn R (12.00) step R to R (&), Step L fwd (6).
7,8 Walk R fwd (7), Walk L fwd (8).

PART 6. [41-48] ¼ Diamond to R with Sweep L, ½ Syncopated Pivot Turn L, Touch R Beside, Heel Jack L with ¼ turn L, Touch R Beside.

1&2 Step R across L (1), Make 1/8 turn R (1.30) step L to L (&), Step R back and sweep L from front to back (2).
3&4 Step L behind R (3), Make 1/8 turn R (3.00) step R to R (&), Step L fwd (4).
5&6 Step R fwd (5), Pivot ½ Turn L over L (9.00) take weight onto L (&), Touch R beside L (6).
&7,8 Make ¼ turn L (6.00) step R back (&), Touch L heel diagonal fwd (7), Step L back in place and touch R beside L (8).

REPEAT DANCE AND HAVE FUN!!

Dance edit, email: smoothdancer79@hotmail.com

Website: www.dancewithsebastian.jouwweb.nl
