

# 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](mailto:smoothdancer79@hotmail.com)

Website: [www.dancewithsebastian.jouwweb.nl](http://www.dancewithsebastian.jouwweb.nl)

---