

Lento Thalia

拍數: 32 牆數: 4 級數: Beginner
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音樂: Lento - Thalía & Gente de Zona



Intro : 16 counts

SECTION 1: BOTA FOGO - ANCHOR STEP

1 & 2 Cross R over L, ball of L opened touch, step R in place
3 & 4 Cross L over R, ball of R opened touch, step L in place
5 & 6 Rock back on R, recover on L, recover on R
7 & 8 Rock back on L, recover on R, recover on L

SECTION 2: HIP BUMP - BEHIND - SIDE- CROSS - SIDE MAMBO - TOUCH

1 & 2 Step R diagonal bumps hip to right, hip to left, hip to right
3 & 4 Step R behind, step L to side, cross R over L
5 & 6 Step L to side, recover on R, step L beside R
7 & 8 Touch R to side, touch R beside, touch R to side

SECTION 3: PIVOT WITH FLICK - LOCK SHUFFLE - ROCK - BACK SHUFFLE

1 - 2 Step R forward, turn $\frac{1}{2}$ to left recover on L with R flick
3 & 4 Step R forward, step L lock behind R, step R forward
5 - 6 Step L forward, recover on R
7 & 8 Step L backward, close R together, step L backward

SECTION 4: SAMBA WISK R / L - JAZZ BOX

1 a 2 Big step R to side, step ball L behind R, recover weight on to R
3 a 4 Big step L to side, step ball R behind R, recover weight on to L
5 - 6 Step R cross over L, turn $\frac{1}{4}$ to right step L back
7 - 8 Step R to side, step L forward,

(Jazz box with shimmy)

Restart on wall 2 after 16 counts

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