

Besame Muy Lento

COPPER KNOB
STEPPERS

拍數: 32 牆數: 4 級數: High Beginner
編舞者: Nina Chen (TW) - January 2021
音樂: Besame Muy Lento (Mixed) - Walki-Bass & Meri Project



Intro: 32 counts

S1: SIDE - TOGETHER, BACK SHUFFLE, SIDE - TOGETHER, FWD SHUFFLE

1-2, 3&4 Step RF to R - Step LF beside RF, Back shuffle (R L R)
5-6, 7&8 Step LF to L - Step RF beside LF, Fwd shuffle (L R L)

S2: DOUBLE HIPS BUMP, CHASSE 1/4 L. (x2)

1&2, 3&4 R double hips bump, Step LF to L - Step RF beside LF - 1/4 turn L (9:00) step LF fwd
5&6, 7&8 R double hips bump, Step LF to L - Step RF beside LF - 1/4 turn L (6:00) step LF fwd

S3: CROSS ROCK - RECOVER, R CHASSE, ROCK BACK - RECOVER, L CHASSE

1-2, 3&4 Rock RF over LF - Recover on LF, Step RF to R - Step LF beside RF - Step RF to R
5-6, 7&8 Rock LF behind RF - Recover on RF, Step LF to L - Step RF beside LF - Step LF to L

S4: (R&L) FWD - HEEL STRUT, MONTEREY 1/4 R

1&2, 3&4 Step RF fwd - Lift both heels off the floor - Return the heels to the floor, Step LF fwd - Lift
both heels off the floor - Return the heels to the floor
5 - 8 Touch RF toe to R - On ball of LF make 1/4 turn R (9:00) step RF beside LF - Touch LF toe
to L - Step LF beside RF

Tag: After Wall2 (6:00), Wall7 (3:00)

(R & L) SIDE - TOUCH (WITH SHIMMY)

1 - 4 Step RF to R - Touch LF beside RF (Shimmy), Step LF to L - Touch RF beside LF (Shimmy)

Have Fun & Happy Dancing !!!

Contact : Nina Chen : nina.teach.dance@gmail.com