

Bailando BC

COPPERKNOB
BY STEPHEN

拍數: 32 牆數: 4 級數: High Beginner
編舞者: Carsten Wolf (DE) - April 2024
音樂: Bailando (feat. Descemer Bueno & Gente de Zona) - Enrique Iglesias



Tag: none

Restart: Wall 5, after 16 Counts

Section 1 Mambo Step, Mambo Step, Side Mambo, Side Mambo

1 & - 2 rock LF forward, recover on RF, step LF together
3 & - 4 rock RF back, recover on LF, step RF together
5 & - 6 rock LF to L, recover on RF, step LF together
7 & - 8 rock RF to R, recover on LF, step RF together

Section 2 ½ Pivot Turn R, Mambo Step, Mambo Step cross behind, Mambo Step cross behind

1 & - 2 step LF forward with ½ Turn R, step RF forward, step LF together
3 & - 4 rock RF back, recover on LF, step RF together
5 & - 6 rock LF behind RF, recover on RF, step LF together
7 & - 8 rock RF behind LF, recover on LF, step RF together

Section 3 ¾ Volta Turn L, Twinkel, Travelling Volta, Twinkel

1 a - 2 a ¼ Turn L cross RF over LF, step RF to side (2x)
3 a - 4 ¼ Turn L cross RF over LF, step RF to R, step LF in place
5 a - 6 a cross RF over LF, step LF to L (2x)
7 a - 8 cross RF over LF, step LF to L, step RF in place

Section 4 Twinkel, Twinkel, ½ 3 Step Turn L, Stationary Samba Walk

1 a - 2 cross LF over RF, step RF to side, step LF in place
3 a - 4 cross RF over LF, step LF to side, step RF in place
5 a - 6 ¼ Turn L step LF forward, step RF beside LF, ¼ Turn L step LF forward
7 & - 8 RF together. Rock LF back, recover on RF
