

Bailando

拍數: 32 牆數: 4 級數: High Beginner
編舞者: KimSam (KOR) - June 2024
音樂: Bailando (feat. Descemer Bueno & Gente de Zona) (Spanish Version) - Enrique Iglesias



Intro: 32 Counts

RESTARTS 1 : After 16 counts on Wall 5 facing (3:00) restart dance from beginning

[1-8] SAMBA WHISK (R-L), ROCKING CHAIR (TWICE),

1 a2 Step R to side (1), Rock L back R (a), Recover weight on to R (2)
3 a4 Step L to side (3), Rock R back L (a), Recover weight on to L (4)
5&6& Rock fwd on R (5), recover on L (&), rock back on R (6), recover on L (&)
7&8& Rock fwd on R (7), recover on L (&), rock back on R (8), recover on L (&)

[9-16] BOTAFOGO (R-L), 1/4 TURN RIGHT, FORWARD SHUFFLE,

1 a2 Step R cross over L (1), Step L to L side on ball (a), recover R in place (2)
3 a4 Step L cross over R (3), Step R to R side on ball (a), recover L in place (4)
5 a6 Cross R over L (5), 1/4 turn Right Step Lf back on ball (&), Step R fwd (6) 3:00
7&8 Step L fwd R (7), Step R beside L (&), Step L fwd (8)

[17-24] JAZZ BOX , VOLTA (LEFT),

1234 Step R cross over L (1), Step L back R (2), Step R beside L (3), Step L fwd R (4)
5 a6 Cross R over L (5), Step L to side (a), Cross R over L (6)
7 a8 Step L to side (a), Cross R over L (7), Step L to side (a), Cross R over L (8)

[25-32] JAZZ BOX , VOLTA (RIGHT)

1234 Step L cross over R (1), Step R back L (2), Step L beside R (3), Step R fwd L (4)
5 a6 Cross L over R (5), Step R to side (a), Cross L over R (6)
7 a8 Step R to side (a), Cross L over R (7), Step R to side (a), Cross L over R (8)

Option: Try Shimmy too

Have a healthy and happy time with line dancing

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