

Bailando 64

拍數: 64 牆數: 4 級數: Intermediate/Advanced
編舞者: Chris Hodgson (UK)
音樂: Bailando (Spanish Energia Radio Mix) - Loona



SIDE ROCK / CROSS SHUFFLE / HINGE ½ TURN RIGHT / KICK AND TOUCH

1-2 Step right to right side, rock weight onto left
3&4 Cross step right over left, step left to left side, cross step right over left
5-6 Step left to left side, ½ hinge turn right on ball of left stepping right to right side
7&8 Kick left forward, step left next to right, touch right toe to right side

CROSS-UNWIND / STEP-½ TURN RIGHT / SHUFFLE / STEP ¾ TURN-TOUCH

1-2 Cross right over left, unwind ½ turn left (weight on right)
3-4 Step forward on left, pivot ½ turn right
5&6 Shuffle forward on left-right-left
7-8 Step forward on right, ¾ turn left on ball of right touching left toes to left side

DOUBLE CROSS SHUFFLE / SIDE ROCK / TRIPLE FULL TURN LEFT

1& Cross step left over in front of right, step right slightly to right side
2& Cross step left over in front of right, step right slightly to right side
3& Cross step left over in front of right, step right slightly to right side
4 Cross step left over in front of right
5-6 Step right to right side, rock weight onto left
7&8 Step in place on right-left-right making a full turn left

BACK ROCK / TRIPLE ½ TURN / BACK ROCK / FORWARD COASTER STEP

1-2 Step back on left, rock weight forward onto right
3&4 Step in place on left-right-left making ½ turn right
5-6 Step back on right, rock weight forward onto left
7&8 Step forward on right, step left next to right, step back on right

SHUFFLE FORWARD / SIDE ROCK STEP LEFT AND RIGHT

1&2 Shuffle forward on left-right-left
3-4 Step right to right side, rock weight onto left
5&6 Shuffle forward on right-left-right
7-8 Step left to left side, rock weight onto right

CROSSING HIP WALKS (CUBAN HIP MOTION) / TOE TOUCHES / SIDE SWITCHES

1-2 Cross step left over right, step right slightly to right side
3-4 Cross step left over right, step right slightly to right side
Use your hips on counts 1-4 above!
5-6 Touch left over across in front of right, touch left to left side
&7 Step left next to right, touch right toes to right side
&8 Step right next to left, touch left toes to left side

¼ TURN STEP WITH HIP BUMPS / STEP WITH HIP BUMPS / WALK TWICE / TRIPLE ½ TURN

1&2 Step forward on left making ¼ turn left bumping hips to left, bump hips right, bump hips left
3&4 Step forward on right bumping hips to right, bump hips left, bump hips right
5-6 Step forward on left, step forward on right
7&8 Triple ½ turn right on left-right-left

BACK ROCK / TRIPLE ¾ TURN / BACK ROCK / FORWARD COASTER STEP

1-2 Step back on right, rock weight forward onto left

3&4 ¾ Triple turn to left on right-left-right

5-6 Step back on left, rock weight forward onto right

7&8 Step forward on left, step right next to left, step back on left

REPEAT
