

Lento Kizomba

Count: 32

Wand: 4

Ebene: Improver

Choreograf/in: Kartika Dewiana (INA) - April 2025

Musik: Lento - Daniel Santacruz



SECTION 1 STEP SIDE R/L - STEP SIDE TO RIGHT 2X

- 1 - 2 Step R to side - Touch L toe together
- 3 - 4 Step L to side - Touch R toe together
- 5 - 6 Step R to side - Touch L toe together
- 7 - 8 Step R to side - Touch L toe together (12:00)

SECTION 2 STEP SIDE - ROCK BACK - STEP OVER - STEP FORWARD - PIVOT 1/2-TOUCH

- 1 - 2 Step L to side - Rock back R behind L
- 3 - 4 Step L over R - Turn 1/4 to right Step R forward (3:00)
- 5 - 6 Pivot 1/2 to left side - Touch L toe together
- 7 - 8 Touch L toe together (2x) (9:00)

SECTION 3 SIDE ROCK & TURN 1/4 TO LEFT - COASTER STEP - PADDLE - TOUCH

- 1 - 2 Rock L to left side - Turn 1/4 to left (6:00)
- 3&4 Step L back - Close R together - Step L forward
- 5 - 6 Touch R toe to side and turn 1/16 (with hip roll) 2X
- 7 - 8 Touch R toe to side and turn 1/16 (with hip roll) - Touch R toe together (3:00)

SECTION 4 DIAGONAL STEP FORWARD - TOUCH - STEP BACK - TOUCH

- 1 - 2 Step R diagonally forward - Touch L toe together
- 3 - 4 Step L diagonally forward - Touch R toe together
- 5 - 6 Step R back - Step L back
- 7 & 8 Step R back - recover on L - Touch R toe together (3:00)

TAG: (16 count) on Wall 7 after 13 counts

SECTION 1 V STEP - HOLD - STEP BACK - HOLD

- 1 - 2 Step R diagonally forward - Step L diagonally forward
- 3 - 4 Hold - Hold
- 5 - 6 Step R back to centre - Step L back to centre
- 7 - 8 Hold - Hold

SECTION 2 STEP SIDE - CLOSE - HOLD

- 1 - 2 Step R to side - Close L together
- 3 - 4 Hold - Hold
- 5 - 6 Step L to side - Close R together
- 7 - 8 Hold - Hold

note : when Hold you can free style move your body

Restart on Wall 4 after 16 count

Thankyou and Happy Dancing !