

Contento Bachata

Count: 48

Wall: 4

Level: Intermediate

Choreographer: Dick Rogers (USA) & Nancy Rogers (USA) - April 2018

Music: Yeah Yeah - Lou Bega



Teaching Music: Piscatungaita (Guardines del Amor) [95 bpm]; Melbourne Mambo (The Mavericks) [105 bpm]

Also: Daisy (Johnny Reid) [126 bpm]; Muñequita (El Rubio Loco) [130 bpm]; Don't Cha No (The Blasters) [132 bpm]; any bachata or any music that inspires (sweet spot: 110-130 bpm)

NOTE: A step "together" is with weight; a "close" is without weight; a "tap" is a quick touch.

STEP L, TOGETHER, STEP L, TAP, STEP R, TOGETHER, STEP R, TAP

- 1-2 Step LF to L, step RF together beside LF
- 3-4 Step LF to L, tap R toe beside LF (bump R hip)
- 5-6 Step RF to R, step LF together beside RF
- 7-8 Step RF to R, tap L toe beside RF (bump L hip)

STEP L, TOGETHER, STEP L, TAP, BRUSH FWD, BRUSH BACK, BRUSH FWD, CROSS

- 1-2 Step LF to L, step RF together beside LF
- 3-4 Step LF to L, tap R toe beside LF
- &5-6 Swing RF slightly back, brush RF fwd, brush RF back
- 7-8 Brush RF fwd, cross RF over LF

SLOW UNWIND, BASIC BACHATA R

- 1-4 Slow full turn unwind (360)
- 5-6 Step RF to R, step LF together beside RF
- 7-8 Step RF to R, tap L beside RF (bump L hip)

STEP L, HOLD, &TOGETHER, STEP L, TAP, SHUFFLE, STEP, TOGETHER

- 1-2 Step LF to L, hold
- &3-4 Step RF together beside LF, step LF to L, tap R toe beside LF
- 5&6& Step RF to R, step LF together beside RF, step RF to R, step LF together beside RF
- 7-8 Step RF to R, step LF together beside RF

CROSS, HOLD, BACK, TOGETHER, CROSS, TOE, HEEL, TOE, STEP

- 1-2 Cross RF over LF, hold
- &3-4 Step back on LF, step RF together beside LF, cross LF over RF
- 5-6 Turn R toe in and tap beside toe of LF, turn R toe out and tap R heel beside toe of LF
- 7-8 Hook R heel in front of LF and touch R toe crossed in front of LF, step RF to R angled to R

SLIDE TOGETHER, STEP TWIST, STEP TWIST, STEP, TAP, STEP TAP, STEP ¼ R, TAP

- &1-2 Slide L toe to R heel, step RF to R and twist L, step LF to L and twist R
- 3-4 Step RF to R, tap L toe beside RF (bump L hip)
- 5-6 Step LF to L, tap R toe beside LF (bump R hip)
- 7-8 Step RF ¼ turn R, tap L toe beside RF (bump L hip)

REPEAT

Contact: wildwoodlabs@gmail.com