Lao' a Lao' Bachata

Level: High Beginner

Choreographer: Penny Tan (MY) - December 2023 Music: Lao' a Lao' - Prince Royce

Intro 16C

*Tag (4C) after W5 - facing 6:00

Count: 32

Touch RF on R, bump hip up down up down 1-4

Restart on W9 after 16C - facing 6:00

SEC1: SWEEP & STEP BACK, TOUCH (R-L) ,WALK WALK ,FWD SHUFFLE

- 1-2 Sweep RF to back & step on R , touch LF slightly fwd
- 3-4 Sweep LF to back & step on L , touch RF slightly fwd
- 5-6 Walk fwd R, walk fwd L
- 7&8 Fwd shuffle R-L-R

SEC2:BACK ROCK, RECOVER, SIDE, TOUCH, 1/4 TURN R, FWD WITH SWEEP, 1/4 TURN R TOUCH, SIDE, TOUCH

- 1-2 Step LF behind RF ,recover on R
- 3-4 Step LF to L side, touch RF next to LF
- 5-6 1/4 turn R ,step RF fwd with sweep LF from back to front , 1/4 turn R , touch LF beside RF
- 7-8 Step LF to L, touch RF next to LF

SEC3:BASIC BACHATA, SWAYS, TOUCH

- 1-4 Step RF to R.step LF next to RF, step RF to R .touch LF next to RF
- 5-8 Step LF to L with sway L-R-L, touch RF next to LF

SEC4:SIDE ROCK, RECOVER , CROSS SHUFFLE, SIDE , TOUCH , HIPS BUMP

- Rock RF to R, recover on L 1-2
- Cross RF over LF, step LF to L, cross RF over LF 3&4
- 5-6 Step LF to L, touch RF next to LF
- 7-8 Hip bump up & down

Have fun and happy dancing.

Last Update: 6 Dec 2023





Wall: 2