Movimento Lento

INTRODUCTIONS INSTRUMENTALS 16 COUNTS

PHRASED SEQUENCES A1-B-C1-A1-B-C2-A2-B-C2 + FINAL

PART A 1 (48 COUNTS)
SEQ. 1(1-8) CROSS, BACK SHUFFLE SIDE, JAZZ BOX
1-2	Cross right over left, step left back
3&4	Step right to right side, step left near to right, step right to right side
5-6-7-8	Cross left over right forward, cross right over left forward , step left back slightly diagonally, step right back near to left. H . 12:00

SEQ. 2(9-16) MAMBO SIDE RIGHT , LEFT TWINKLE
1&2	Step right to right side, recover weight on left, step right close in place near left
3&4	Step left to left side, recover weight on right, step left close in place near right
5&6	Step right to right side, recover weight on left, step right close in place near left
7&8	Step left to left side, recover weight on right, step left close in place near right . H . 12:00

SEQ. 3(17-24) CROSS, BACK SHUFFLE SIDE, JAZZ BOX
1-2	Cross right over left, step left back
3&4	Step right to right side, step left near to right, step right to right side
5-6-7-8	Cross left over right forward, cross right over left forward , step left back slightly diagonally, step right back near to left. H . 12:00

SEQ. 4(25-32) MAMBO SIDE RIGHT , LEFT TWINKLE
1&2	Step right to right side, recover weight on left, step right close in place near left
3&4	Step left to left side, recover weight on right, step left close in place near right
5&6	Step right to right side, recover weight on left, step right close in place near left
7&8	Step left to left side, recover weight on right, step left close in place near right . H . 12:00

SEQ. 5(33-40) TRAVELLING CROSS SAMBA LEFT AND RIGHT
1&2&3&4	(progressive travelling to the left) Cross right over left, step left to left side, cross right over left, step left to left side, cross right over left, step left to left side, cross right over left
5&6&7&8	(change direction , progressive travelling to the right) Cross left over right, step right to right side, cross left over right, step right to right side, cross left over right, step right to right side, cross left over right.

(HERE IS THE END PART A2 NO DANCING SEQ 6)

SEQ. 6(41-48) BACK, CLOSE TOGETHER, X 3, ROLLING BUMP IN PLACE
1-2	Step back right, step left back close near to right (slightly diagonally left)
3-4	Step back left, step right back close near to left (slightly diagonally right)
5-6	Step back right, step left back close near to right (H . 12:00)
7-8	Rolling circle hip bump to right direction

PART A 2 (40 COUNTS)
YOU DANCE FROM SEQ. 1 TO SEQ. 5 (INCLUDING) OF THE PART A1 (NO DANCING SEQ. 6)

PART B (32 COUNTS)
SEQ. 1(1-8) CROSS DIAGONALLY, RECOVER, SHUFFLE SIDE, BUMP IN PLACE
1-2	Cross right over left diagonally direction h. 10:30, recover weight on left

| 3&4 | h. 12:00 step right to right, step left near to right, step right to right side |
| 5-6-7-8 | Hips bump in place right, left, right. left. |

SEQ. 2(9-16) CROSS DIAGONALLY, RECOVER, SHUFFLE SIDE, 1/4 TURN LEFT, PIVOT STEP 1/2 TURN LEFT,1/4 TURN LEFT SHUFFLE SIDE.

1-2	Cross left over right diagonally direction h. 1:30, recover weight on right
3&4	h. 12:00 step left to left, step right near to left, step left to left side
5-6	1/4 turn left (h. 9:00) step right forward, 1/2 turn left (h. 3:00) recover weight on right
7&8	1/4 turn left (h. 12:00) Step right to right side, step left near to right, step right to right side

SEQ. 3(17-24) CROSS DIAGONALLY, RECOVER, SHUFFLE SIDE, BUMP IN PLACE

1-2	Cross left over right diagonally direction h. 1:30, recover weight on right
3&4	h. 12:00 step left to left, step right near to left, step left to left side
5-6-7-8	Hips bump in place left, right, left, right.

SEQ. 4(25-32) CROSS DIAGONALLY, RECOVER, SHUFFLE SIDE, 1/4 TURN RIGHT, PIVOT STEP 1/2 TURN RIGHT,1/4 TURN RIGHT SHUFFLE SIDE.

1-2	Cross right over left diagonally direction h. 10:30, recover weight on left
3&4	h. 12:00 step right to right, step left near to right, step right to right side
5-6	1/4 turn right (h. 3:00) step left forward, 1/2 turn right (h. 9:00) recover weight on left
7&8	1/4 turn right (h. 12:00) Step left to left side, step right near to left, step left to left side

PART C1 (32 COUNTS)
SEQ. 1(1-8)SHUFFLE MOVEMENT

1&2	step right to right, step left near to right, step right to right side h. 12:00
3&4	1/4 turn left (h. 9:00) step left to left, step right near to left, step left to left side
5&6	step right to right, step left near to right, step right to right side h. 9:00
7&8	1/4 turn left (h. 6:00) step left to left, step right near to left, step left to left side

SEQ. 2(9-16)SHUFFLE MOVEMENT

1&2	step right to right, step left near to right, step right to right side h. 6:00
3&4	1/4 turn left (h. 3:00) step left to left, step right near to left, step left to left side
5&6	step right to right, step left near to right, step right to right side h. 3:00
7&8	1/4 turn left (h. 12:00) step left to left, step right near to left, step left to left side

SEQ.3(17-24) REPEAT SEQUENCE 1

SEQ.4(25-32) REPEAT SEQUENCE 2

PART C2 (16 COUNTS)
SEQ. 1(1-8)SHUFFLE MOVEMENT

1&2	step right to right, step left near to right, step right to right side h. 12:00
3&4	1/4 turn left (h. 9:00) step left to left, step right near to left, step left to left side
5&6	step right to right, step left near to right, step right to right side h. 9:00
7&8	1/4 turn left (h. 6:00) step left to left, step right near to left, step left to left side

SEQ. 2(9-16)SHUFFLE MOVEMENT

1&2	step right to right, step left near to right, step right to right side h. 6:00
3&4	1/4 turn left (h. 3:00) step left to left, step right near to left, step left to left side
5&6	step right to right, step left near to right, step right to right side h. 3:00
7&8	1/4 turn left (h. 12:00) step left to left, step right near to left, step left to left side

FINAL : AT THE END OF THE LAST PART C2 TO DO FULL TURN IN PLACE TURNING TO RIGHT