

Bailamos

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Bryan McWherter (USA)
音乐: Bailamos - Enrique Iglesias



SIDE, ROCK BACK, RECOVER, RIGHT CHA-CHA STEP, ROCK BACK, RECOVER, FORWARD CHA-CHA

- 1-3 Step left to left side, right rock back, replace weight forward to left foot
- 4&5 Step right to right side, step left next to right, step right to right side
- 6-7 Left rock back, recover with weight on right
- 8&9 Step forward on left foot, step together with right foot, step forward with left

½ STEP TURN, HOOK, FORWARD CHA-CHA, ½ STEP TURN, HOOK, LEFT HEEL FORWARD, RIGHT HEEL FORWARD

- 10-11 Step right foot forward making a ½ turn to left, put weight on right and hook left across right
- 12&13 Step forward on left foot, step together with right foot, step forward with left
- 14-15 Step right foot forward making a ½ turn to left, put weight on right and hook left across right
- 16&17 Touch left heel forward, replace left foot back, touch right heel forward

BALL, & DOWN & UP, LEFT HEEL FORWARD & RIGHT HEEL FORWARD, BALL, & DOWN & UP

- &18 Step right foot back into place, present ball of left foot forward while contracting chest out slightly
- &19 Contract chest in slightly (&), bend both knees, arch chest, shoulders back, buttocks back. (almost sitting position.)
- &20 Contract chest in slightly starting to straighten legs (&), legs straight, arch chest, shoulders back, buttocks back
- 21&22 Touch left heel forward, replace left foot back touch right heel forward
- &23 Step right foot back into place, present ball of left foot forward while contracting chest out slightly
- &24 Contract chest in slightly (&), bend both knees, arch chest, shoulders back, buttocks back. (almost sitting position)

STEP KICK, STEP KICK, STEP, STEP, ½ TURN, BRUSH, SWEEP, CHA-CHA IN PLACE, HOLD

- &25 Step left foot forward, kick right foot forward
- &26 Replace right foot, kick left foot forward
- &27-28 Left step in place, right step forward, ½ turn to your left putting weight on left
- 29 Brush right foot next to left
- 30 Sweep right out to right sweeping around behind left make a ¾ turn to your right
- 31&32 Right step in place, left step next to right, right step in place
- & Hold

REPEAT