

Reggaeton Lento

拍數: 64 牆數: 2 級數: Intermediate
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音樂: Reggaeton Lento by CNCO – Bachata Version



SECTION 1: Forward point left, right, left and forward together

- 1 LF cross forward over RF
- 2 RF point right with right hand raised up
- 3 RF cross forward over LF
- 4 LF point left with right hand brush past chest
- 5 LF cross forward over RF
- 6 RF point right with right hand extend out to right
- 7 RF cross forward over LF
- 8 Close LF to RF on ball of LF, weight on RF

SECTION 2: Diagonally down side steps together with hip bump

- 1 Step LF with slight diagonal back to left
- 2 Step RF together to LF
- 3 Step LF with slight diagonal back to left
- 4 Step RF together to LF with hip bump on the right, facing back at 12 o'clock
- 5 Step RF with slight diagonal back to right
- 6 Step LF together to right
- 7 Step RF with slight diagonal back to right
- 8 Step LF together to RF with hip bump on the left, facing back at 12 o'clock

SECTION 3: Rolling Vine left turn and reverse rolling vine right with hip bump

- 1 Step LF to side
- 2 Step RF ½ turn left
- 3 Step LF ½ turn left
- 4 Close RF to LF with right hip bump
- 5 Small step to right with RF
- 6 Step LF back with ¼ turn
- 7 ½ turn left with RF
- 8 Close LF to RF with left hip bump

SECTION 4: Left foot forward step together right, Right foot backward step together

- 1 LF step diagonal forward at 1 o'clock direction
- 2 Close RF to LF, weight on RF
- 3 RF step back facing back to 12 o'clock facing
- 4 Close LF to RF with hip bump on right, weight on LF
- 5 RF step diagonally forward at 11 o'clock direction
- 6 Close LF to RF, weight on LF
- 7 LF step back to 12 o'clock facing
- 8 Close RF to LF with hip bump on left, weight on RF

SECTION 5: Shuffle forward and with hip raises to the side

- 1& LF forward, RF touch behind LF
- 2& LF forward, RF touch behind LF
- 3& LF forward, RF touch behind LF
- 4 LF forward, weight on left
- 5 RF touch forward with hip raise at 1 o'clock
- 6 RF touch to right with hip raise at 3 o'clock

- 7 RF touch to right with hip raise at 5 o' clock
- 8 Close RF to LF on ball of foot, weight on LF

SECTION 6: Forward right foot, touch left foot, left foot back, touch right foot and feet back together. Repeat same moves with start on left foot

- 1& RF cross forward over LF at 11 o'clock direction, LF touch behind RF on ball of foot
- 2& Step LF on the spot with weight, RF crossover LF on ball of foot
- 3 Step RF to right, facing 12 o' clock
- 4 Close LF to RF with weight on RF
- 5& LF cross forward over RF at 1 o'clock direction, RF touch behind LF on ball of foot
- 6& Step RF on the spot with weight, LF crossover RF on ball of foot
- 7 Step LF to left, facing 12 o' clock
- 8 Close RF to LF with weight on LF

SECTION 7: Full turn with backward roll

- 1 Turn out RF, body face 1 o'clock
- 2 LF ¼ turn to left
- 3 ½ on RF facing 12 o'clock
- 4 ¼ turn backward on LF, weight on LF, facing 3 o'clock
- 5 Transfer weight to RF with upper Chest roll
- 6 RF shuffle backward, with LF moving backward at the same time, hands lightly touching sides of shoulder
- 7 Weight remain on RF with upper chest roll
- 8 RF shuffle backward with LF moving backward at d same time, hands lightly touching side of hip

SECTION 8: Hip Roll with ¼ left sweep

- 1,2,3,4 Rotate hip full circle anti clockwise while still sitting weight on LF
- 5 Change weight to RF
- 6&7 Sweep LF with half turn
- 8 Close LF to RF

Wall 4, after 19 counts, finish with a tag

Ending part : RF & LF forward pivot half turn with LF pointing left

- 1 RF forward
- 2 LF forward
- 3 Half turn and step RF forward
- 4 Point LF to left
- 5,6,7,8 Slowly close LF to RF

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