

Bailamos

拍數: 48 牆數: 2 級數: Intermediate
編舞者: Roz Morgan (USA)
音樂: Bailamos - Enrique Iglesias



Choreographed for the Chesapeake Jubilee, 7/99

TOUCH, STEP, SHUFFLE, TOUCH, STEP, SHUFFLE

- 1 Touch right foot to right side
- 2 Step right foot next to left foot
- 3&4 Shuffle forward left, right, left
- 5 Touch right foot to right side
- 6 Step right foot next to left foot
- 7&8 Shuffle forward left, right, left

½ TURN, ¾ TURN, SAILOR SHUFFLES

- 1 Step forward on right foot
- 2 Pivot ½ turn to left and place weight on left foot
- 3&4 Step into a ¾ turn continuing to left stepping right, left, right
- 5&6 Left sailor shuffle
- 7&8 Right sailor shuffle

TOUCH, STEP, SHUFFLE, TOUCH, STEP, SHUFFLE

- 1 Touch left foot to left side
- 2 Step left foot next to right foot
- 3&4 Shuffle forward right, left, right
- 5 Touch left foot to left side
- 6 Step left foot next to right foot
- 7&8 Shuffle forward right, left, right

½ TURN, ¾ TURN, SAILOR SHUFFLES

- 1 Step forward on left foot
- 2 Pivot ½ turn to right and place weight on right foot
- 3&4 Step into a ¾ turn continuing to right stepping left, right, left
- 5&6 Right sailor shuffle
- 7&8 Left sailor shuffle

STEP, DRAG, SHUFFLE, ROCK, RECOVER, ½ TURN SHUFFLE

- 1 Step right foot to right side (using cuban motion)
- 2 Drag left foot to meet right foot
- 3&4 Shuffle right, left, right to right side
- 5 Rock forward on left foot
- 6 Recover in place on right foot
- 7&8 Shuffle ½ turn to left, left, right, left

PIVOT TURNS, HIP BUMPS

- 1 Step forward on right foot
- 2 Pivot ½ turn to left on left foot
- 3 Step forward on right foot
- 4 Pivot ½ turn to left on left foot
- 5-6 Bump right hip twice to right

7-8

Bump left hip twice to left

REPEAT
