

# Lento

LINEDANCE.COM

**Count:** 32

**Wall:** 2

**Level:** Beginner / Improver

**Choreographer:** Ira Weisburd (USA) & Raymond Sarlemijn (NORWAY) - December 2018

**Music:** Lento by Rudy Mancuso (USA)

**\*\*Lento (Slow)\*\***

**Intro: 16 counts. Start at approx. 15 sec.**

**NO TAGS !! NO RESTARTS !!**

## **PART I. (BASIC RUMBA BOX; FORWARD MAMBO STEP, BACK, FORWARD, 1/2 R TURN)**

- 1&2** Step R to R, Step-close L beside R, Step R back
- 3&4** Step L to L, Step-close R beside L, Step L forward
- 5&6** Step R forward, Recover back onto L, Step R back
- 7&8** Step L back, Recover forward onto R, Step L back making 1/2 R Turn (6:00)

## **PART II. (COASTER STEP, SIDE, RECOVER, CROSS; POINT, FLICK 1/4 L TURN, FORWARD, FORWARD, RECOVER, BACK)**

- 1&2** Step R back, Step-close L beside R, Step R forward
- 3&4** Step L to L, Step R in place, Step L across R
- 5&6** Touch R toe to R, Raise R heel up with knee bent making 1/4 L Turn (3:00), Step R forward
- 7&8** Step L forward, Recover back onto R, Step L back

## **PART III. (BACK, RECOVER, 1/4 L TURN, 1/4 L SAILOR STEP; CROSS, SIDE, BACK, SWEEP, BACK, SIDE, CROSS)**

- 1&2** Step R back, Recover forward onto L, Step R forward making 1/4 L Turn (12:00)
- 3&4** Step L back, Step R to R, Step L to L making 1/4 L Turn (9:00)
- 5&6&** Step R across L, Step L to L, Step R back, Sweep L from front to back
- 7&8** Step L back, Step R to R, Step L across R

## **PART IV. (3/4 R DIAMOND TURN: 1/4 R TURN, SIDE, BACK, BACK, SIDE, FWD; 1/4 R TURN, SIDE, BACK, BACK, 1/4 R, FWD)**

- 1&2** Step R to R making 1/4 R Turn (12:00), Step L to L, Step R back
- 3&4** Step L back, Step R to R, Step L forward

**5&6** Step R to R making 1/4 R Turn (3:00), Step L to L, Step R back

**7&8** Step L back, Step R to R making 1/4 R Turn (6:00), Step L forward

**REPEAT DANCE.**

**Contacts: Email Ira: [dancewithira@comcast.net](mailto:dancewithira@comcast.net) or Raymond: [rsarlemijn@gmail.com](mailto:rsarlemijn@gmail.com)**

**Last Update - 17th Dec. 2018**