

Lento Kizomba

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Count: 64

Wall: 2

Level: Intermediate

Choreographer: Roosamekto Mamek (Bekasi) & Nurjannah Khan (Yogyakarta) - ULD (June 2015)

Music: Lento by Daniel Santacruz

Intro: 24 count

Choreographers note: The song or the restart make this choreography a 2 walls dance. So if you omit the restart or change with other song, you may find that it's going to be a 1 wall dance

S1: WALK FORWARD R-L-R, TAP/TOUCH, CUMBIA STEP

1-4 Step R forward - Step L forward - Step R forward - Tap/Touch L beside R (12:00)

5 a6 Step L to side - Rock R behind L - Recover on L

7 a8 Step R to side - Rock L behind R - Recover on R

S2: WALK BACK L-R-L, TAP/TOUCH, SIDE MAMBO

1-4 Step L back - Step R back - Step L back - Tap/Touch R beside L (12:00)

5&6 Rock R to side - Recover on L - Step R together

7&8 Rock L to side - Recover on R - Step L together

S3: VOLTA TURN 3/4 RIGHT, VOLTA TURN 3/4 LEFT

1&2& Cross R over L - Turn 1/8 right step L to side (slightly back) - Turn 1/8 right cross R over L - Turn 1/8 right step L to side (slightly back)

3&4 Turn 1/8 right cross R over L - Turn 1/8 right step L to side (slightly back) - Turn 1/8 right cross R over L (09:00)

5&6& Cross L over R - Turn 1/8 left step R to side (slightly back) - Turn 1/8 left cross L over R - Turn 1/8 left step R to side (slightly back)

7&8 Turn 1/8 left cross L over R - Turn 1/8 left step R to side (slightly back) - Turn 1/8 left cross L over R (12:00)

S4: CUMBIA STEP, FORWARD WITH HIPS SWAY, SWAY, TURN 1/2 LEFT WITH HIPS, TOGETHER

1 a2 Step R to side - Rock L behind R - Recover on R (12:00)

3 a4Step L to side - Rock R behind L - Recover on L

5-6 Step R forward and sway hips forward - Sway hips back

7-8& Sway hips forward - Turn ½ left and sway hips forward - Step R together (06:00)

S5: VAUDEVILLE STEP, DIAGONAL BACK SHUFFLE

1&2& Cross L over R - Step R to side - Touch L toes diagonally forward - Step L beside R

3&4 Cross R over L - Step L to side - Touch R toes diagonally forward

5&6 Step R diagonally back - Step L together - Step R diagonally back

7&8 Step L diagonally back - Step R together - Step L diagonally back (06:00)

S6: SKATE R-L, DIAGONAL FORWARD SHUFFLE, SKATE L-R, DIAGONAL FORWARD SHUFFLE

1-2 Skate R diagonally forward - Skate L diagonally forward

3&4 Step R diagonally forward - Step L together - Step R diagonally forward

5-6 Skate L diagonally forward - Skate R diagonally forward

7&8 Step L diagonally forward - Step R together - Step L diagonally forward (06:00)

S7: CROSS/ROCK, RECOVER, ROCK, RECOVER, CROSS/ROCK, RECOVER, SIDE STEP

1&2& Cross/Rock R over L - Recover on L - Rock R to side - Recover on L

3&4 Cross/Rock R behind L - Recover on L - Step R to side

5&6& Cross/Rock L over R - Recover on R - Rock L to side - Recover on R

7&8 Cross/Rock L behind R - Recover on R - Step L to side (06:00)

S8: DOROTHY STEP, FORWARD, PIVOT 1/2 TURN LEFT, 1/2 TURN LEFT (2X)

1-2& Step R diagonally forward - Lock L behind R - Step R diagonally forward

3-4& Step L diagonally forward - Lock R behind L - Step L diagonally forward

5-6 Step R forward - Turn ½ left (weight on L) (12:00)

7-8 Turn ½ left step R back - Turn ½ left step L forward (12:00)

REPEAT

RESTARTS:-

R1. On wall 2 after 48 count (Section 6) - facing 06:00

R2. On wall 4 after 60 count (after Dorothy steps on wall 8) - facing 12:00

For Song & Step Sheet please contact: Roosamekto.Nugroho@gmail.com

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Source: LineDance.com — https://www.linedance.com/index.php?f=dance_view&id=104948