

# Lento

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**Choregraphie par :** Ira Weisburd (USA) & Raymond Sarlemijn (Norvege)

**Description :** 32 temps, 2 murs, Débutant/Novice,  
Décembre 2018

**Musique :** 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, 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 to L, Step L 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.**

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